



Fall 2018 Community Education Series

Preventing Falls in Your Home

Join us for tips and suggestions from the experts on how to fall-proof your home.

Presented by:

April Weldon, OTR/L
Marketing Program Director, RehabCare

Wednesday, September 26, 11:00 a.m.

Lunch to follow program

Maintaining Proper Nutrition As We Age

Proper nutrition and hydration can help keep us happy and healthy at every age, during every season.

Presented by:

Anne L'Heureux, RD, LD and David Kessler,
CDM, CFPP

Wednesday, October 24, 11:00 a.m.

Lunch to follow program

Age Well. Live Well.

Our medical, nursing and spiritual care teams are committed to ensuring residents enjoy an engaged and full life, which sets us apart from other communities. We also provide residents short-term rehabilitative therapies, long-term nursing care, comprehensive memory care while also supporting residents, caregivers and family members.

407 Pool Street, Biddeford, ME 04005

To make a reservation, please call 207.282.5171 and speak with our receptionist, as lunch will be served at all presentations



ST. ANDRÉ
HEALTH CARE

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