



Northern LightSM

A.R. Gould Hospital

2018 Health Fair

Helping you with your health and wellness

Saturday, October 20
10 am - 1 pm

Northern Maine Community College Gym
33 Edgemont Drive, Presque Isle

Free Adult Flu Shots

including free High Dose Flu Shots for Adults 65+

Free Health Screenings

*Cholesterol, Blood Pressure, BMI/Weight,
Pulse Oximetry and more!*

Patient Portal Sign Up

Take more control over your health by signing up for the Patient Portal. We can answer your questions and get you signed up on the spot!

Information on Services and Interaction with Providers

Learn more about the many specialty services available to you locally and chat with some of our providers.

NMCC Nursing Students

Senior nursing students will be providing community education on a variety of topics.

Community Resource Booths

Several organizations will be on hand to share information about resources that may be of help to you.

Northern Light AR Gould Hospital
(formerly TAMC)

northernlighthealth.org/ARG

New this year!

Presentations

10:00 AM

Voice Therapy

Jen Bryce, CCC-SLP

Learn more about LSVT LOUD, a speech treatment for people with conditions such as Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, Downs Syndrome or those recovering from a stroke.

10:30 AM

Staying Active

Mary Coffin, FNP, CDE

How can you stay active and exercise as you age? Get some great tips.

11:00 AM

Taking Care of Your Heart

John Raymond, PA-C

Join John to learn more about your heart and how to keep it healthy.

11:30 AM

Hoarseness, Sinuses, and Acid Reflux

Joseph Wilson, MD

Dr. Joe from our ENT practice will talk to you about each of these ailments.

12:00 PM

Living Well for Better Health

Karen Enman, RN, MSN

Learn more about a free workshop series for adults with any kind of ongoing health condition.