

Messaging Content on Kennebec Explorer Buses

Fall 2017

- Tobacco Support/Lung Cancer Risk Reduction

A screening could save your life.



Call **872-4102** today or talk to your health care provider about lung cancer screenings.



Get *free* help to quit smoking.
Call 872-4102 today.



I used to be one of 30,000 smokers in Kennebec and Somerset County.



**Stop Smoking,
Start Saving**
Today is the day.

Save around \$3,000 a year by calling the Maine Tobacco Helpline **1-800-207-1230**



Check out my new ride!



I quit smoking last year and bought this with the money I saved. **You can quit, too. Call 1-800-207-1234.**

HealthReach
Community
Health Centers

spectrum
generations

MaineGeneral
Medical Center
www.maine-general.org

Redington Fairview
General Hospital
(207)474-9123 / www.righnet.com

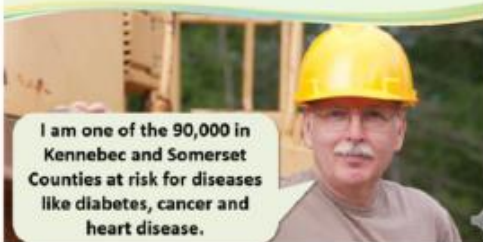
Somerset
Public Health

These messages have been brought to you by the Partnerships to Improve Community Health.



- Evidence-Based Programs/Healthy Living

Sign up for the **free**
Diabetes Prevention Program.
Call 872-4102.



I am one of the 90,000 in Kennebec and Somerset Counties at risk for diseases like diabetes, cancer and heart disease.



"I BELIEVE IN THIS PROGRAM,

The Diabetes Prevention Program, its what I'm doing and it works, its not a diet it's a lifestyle.

I needed to change my life, and that's what this program did for me."

Call 872-4102 today.





My provider told me about some free services that can help!

I am one of 90,000 adults who find it hard to fit exercise into my schedule.



Physical movement programs can **keep you healthy**, so you can play with your grandkids.

Call today:
872-4102

- Local Food Resources

Food as medicine.



1 out of 4 Maine children don't have enough to eat.



Some people get to decide what they want for dinner.

Some don't have any choices.

Augusta, Gardiner and Winthrop area

Food Bank (FB) • Food Pantry (FP) • Soup Kitchen (SK)

Albion Loaves & Fishes FP 437-2732

Augusta Augusta FB 622-5225

Augusta Salvation Army FB 623-3752

Augusta Apostolic FP 622-1414



If your children are younger than age 5, call WIC:

Augusta, Gardiner, Winthrop: 626-6350 

- **Pediatric Oral Health**
 - Highlighted video made from PICH

- **Community Health Workers**
 - Highlighted video made from PICH

- **Needle Exchange Clinic- Harm Reduction Program**
 - Highlighted video made from PICH

- **Chronic Pain Management**
 - Highlighted video made from PICH