



15 Industrial Park Rd., Saco, ME 04072

## Community Health & Wellness Services and Schedule

- ◆Footcare \$17 ◆Fingernail Care \$6 ◆Medication Management \$17
- Footcare is offered as a home service.

To schedule an appointment at our clinic or to learn more about home health services, please call:

**1 800-660-4867 or 284-4566**

**\*services include free blood pressures and health education\***

### FEBRUARY 2012 Clinic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am --2:00 pm	<b>2</b> HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30am – 2:00 pm
<b>6</b> Bradford Common - Bradford Court <u>KENNEBUNK</u> Residents only 9:00am – 12:00 pm	<b>7</b> 100 State St and 10 Congress Square Plaza <u>PORTLAND</u> Residents only 9:00am – 12:00pm	<b>8</b> Municipal Center <u>SOUTH BERWICK</u> Public Clinic 9:00am – 1:00pm	<b>9</b> YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm
<b>13</b> HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30am – 2:00 pm	<b>14</b> Village Square <u>GORHAM</u> Residents only 9:00am – 2:00pm	<b>15</b> Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am --2:00 pm	<b>16</b> Huntington Common <u>KENNEBUNK</u> Residents only 8:30 am – 12:00 pm
<b>20</b> Wardwell <u>SACO</u> Public Clinic 9:00 am – 2:00 pm	<b>21</b> Unity Gardens <u>WINDHAM</u> Public Clinic 8:30 – 2:00 pm	<b>22</b>	<b>23</b> Atria <u>KENNEBUNK</u> Residents only 9:00 am – 12:00 pm
<b>27</b>	<b>28</b> Salvation Army <u>PORTLAND</u> Public Clinic 8:30 am – 2:00 pm	<b>29</b> YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm	

**\*\*Please note: Clinic schedule may change due to demand**



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### MARCH 2012 Clinic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1 HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30am – 2:00 pm</b>
<b>5 Bradford Common – Bradford Court <u>KENNEBUNK</u> Residents only 8:30am – 12:00 pm</b>	<b>6 Town Hall - <u>ACTON</u> Public Clinic 8:30 – 11:30 am  Mayflower Place - <u>SANFORD</u> Residents only 1:00 – 3:00 pm</b>	<b>7 Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am – 2:00 pm</b>	<b>8 YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm</b>
<b>12 HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30 am – 2:00 pm</b>	<b>13 St Joseph’s Convent <u>BIDDEFORD</u> Residents only 8:30am – 2:00pm</b>	<b>14 Bessey Commons <u>SCARBOROUGH</u> Residents only 9:00 – 11:00 am</b>	<b>15 Huntington Common <u>KENNEBUNK</u> Public Clinic 8:30 am – 12:00 pm</b>
<b>19 Oceanview <u>FALMOUTH</u> Residents Only 8:30 am – 12:30 pm</b>	<b>20</b>	<b>21 Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am – 2:00 pm</b>	<b>22 The Pines <u>OCEAN PARK</u> Public Clinic 9:00 – 12:30 am</b>
<b>26</b>	<b>27 Salvation Army <u>PORTLAND</u> Public Clinic 8:30 am – 2:00 pm</b>	<b>28 YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm</b>	<b>29</b>

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### APRIL 2012 Clinic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> Bradford Common - Bradford Court <u>KENNEBUNK</u> Residents only 9:00am – 12:00 pm	<b>3</b> 100 State St and 10 Congress Square Plaza <u>PORTLAND</u> Residents only 9:00am – 12:00pm	<b>4</b> Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am --2:00 pm	<b>5</b> HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30am – 2:00 pm
<b>9</b> HomeHealth Visiting Nurses <u>SACO</u> Public Clinic 8:30am – 2:00 pm	<b>10</b> Village Square <u>GORHAM</u> Residents only 9:00am – 2:00pm	<b>11</b> Municipal Center <u>SOUTH BERWICK</u> Public Clinic 9:00am – 1:00pm	<b>12</b> YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm
<b>16</b> Wardwell <u>SACO</u> Public Clinic 9:00 am – 2:00 pm	<b>17</b> Unity Gardens <u>WINDHAM</u> Public Clinic 8:30 – 2:00 pm	<b>18</b> Piper Shores <u>SCARBOROUGH</u> Residents only 9:00am --2:00 pm	<b>19</b> Huntington Common <u>KENNEBUNK</u> Residents only 8:30 am – 12:00 pm
<b>23</b>	<b>24</b> Salvation Army <u>PORTLAND</u> Public Clinic 8:30 am – 2:00 pm	<b>25</b> YMCA –Trafton Senior Center <u>SANFORD</u> Public Clinic 8:30 am – 2:00 pm	<b>26</b> Atria <u>KENNEBUNK</u> Residents only 9:00 am – 12:00 pm
<b>29</b> 	<b>30</b>		

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