

NATIONAL HEALTH CENTER WEEK

VALUES
VALUES
POPULATIONS
ENABLING SERVICES
SERVICES
INNOVATIONS
AFFORDABILITY
MISSION

**COMMUNITY HEALTH CENTERS:
The Chemistry for Strong Communities**

AUGUST 8 - AUGUST 14
www.healthcenterweek.org
#NHCW2021

Five-Town Health Alliance



and



WHEN

August 8th – August 14th, 2021

WHERE

61 Pine Street, Building #4 – Bristol Vermont 05443

Masks are required at all events

Free Dental/Oral Screenings

Tuesday August 10th

10AM – 1130AM Oral health information, proper brushing & flossing demonstrations.

Please register by calling 802-453-3911

FREE Blood pressure screening

Wednesday August 11th 9AM – 10AM.

No registration needed

Sliding Fee scale application assistance

Friday August 13th 1PM – 3PM

No registration needed

NEW EARTH HEALING ARTS

Free 15-minute REIKI sessions

Tuesday August 10th 9AM - 1PM

Friday August 13th 1PM - 4PM

Please register your spot by calling

802-453-4615

YOGA GRACE

Free online Yin Yoga w/ Jen Peterson

Tuesday August 10th 6PM-7PM

Please go to:

<https://www.yogagracevt.com/>

Use code: MOUNTAINHEALTH

to sign up online for this free class

ACUPUNCTURE

Rachel Edwards M.S., L.Ac.

Community Group Acupuncture for
Stress Reduction and Wellbeing

Thursday August 12th

Groups at 11:30AM & 12:30PM.

Please register your spot by calling:

802-453-4615

BRISTOL FINANCIAL WELLNESS

On demand video resources available
at:

<https://www.bristolfinancial.com/resource-center/videos>

MHC PATIENT PORTAL SIGN UP

Please check out the following link to
our website for tutorial instructions
and answers to our patient portal:

<https://www.mountainhealthcenter.com/patient-portal-resources-faq/>