



MaineHealth  
Learning Resource Center

## Winter/Spring Classes Are Here!

Here are just a few of the great classes we are offering over the next few months:

- Mindfulness-Based Stress Reduction
- Calm Kids
- Sexy Aging
- Fact or Fiction: Essential Oils
- Pump Up Your Pelvic Floor
- Bye-Bye Bedtime Battles
- Local Author Series: *Secret Sauces*
- Makeover Meals: St. Patrick's Day
- Stress: Portrait of a Killer
- And many more!

**View all of our classes and register at [LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)**

If you would like to receive a paper catalog, email us at [healthquestions@mainehealth.org](mailto:healthquestions@mainehealth.org) or call 866-609-5183.



MaineHealth  
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Stay up-to-date on health information, get healthy recipes, find out about new classes and more by following us on social media!



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