

Calendar of Events

Activities and events brought to you by Inland Hospital and our community wellness partners serving the Greater Waterville area. FMI: inlandhospital.org

Take a healthy hike on the Inland Woods/Pine Ridge Trails!

Trail maps are available at the trailhead behind Inland Hospital, or for more information contact ewells@emhs.org or 861-3292.

Quarry Road Summer Race Series Tuesday evenings beginning June 3 Registration opens at 5pm

**Kids Fun Run 5:30; Feature Race 6pm
Quarry Road Recreation Area
Off North Street, Waterville**

Each week participants will complete different courses of varying lengths from 3k-8k. Along with the weekly feature race (\$5 fee), there will be a **FREE Kids' Fun Run for ages 12 & under sponsored by Inland**. For a complete schedule and weekly race details, visit quarryroadrecrearea.org or contact Patrick at 873-0684 or pguerette@alfondyouthcenter.org.

Free Car Seat Safety Inspections

**Wednesday, June 4, 10am – 1pm
Central Maine Motors
300 KMD, Waterville**

Certified Child Passenger Safety Technicians will be available to inspect car seats and educate parents and caregivers on the proper and safe way to transport children. No appointment needed. For more information, contact Safe Kids Maine at (207) 899-9461 or visit maineseatcheck.org.

National Trails Day

Saturday, June 7, 9am

Head of Falls, downtown Waterville

Join Kennebec Messalonskee Trails to celebrate our local trails, honor outgoing KMTrails president, Peter Garrett, and enjoy a walk or bike ride! Rain or shine! FMI: kmtrails.com or 861-3292.

Let's Go! Family Fun Series

Family Open House at Camp Tracy

Friday, June 20, 4-6pm

388 McGrath Pond Road, Oakland



Visit Camp Tracy where families can enjoy all of the exciting activities campers will participate in all

summer long including: canoeing, rock climbing, swimming, archery, arts & crafts, and MORE! This is the perfect opportunity to find out if Camp Tracy is right for your family. FMI visit inlandhospital.org or call Patrick at 873-0684.

Prepared Childbirth Class

**Saturday, June 21, 9am – 3pm
Ford Grant Conference Room
Inland Hospital**

Convenient, one-day workshop providing important information and support for expectant parents. Pre-registration required; register on-line at inlandhospital.org or call 861-3392.

Youth Mental Health First Aid

**Saturday, June 28, 8am – 5pm
Ford Grant Conference Room
Inland Hospital**

This 8-hour course will teach you how to help someone ages 12-18 who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. At the end of the day, you will have a five-step action plan and know where to turn for help. To learn more, visit mentalhealthfirstaid.org or call 622-5767, or to register, visit NAMIMaine.org.



Inland Hospital
Where YOU come first

EMHS MEMBER

TOGETHER We're Stronger