

The Wellness Center is located in the basement of the Library and is accessible by an outdoor ramp and an elevator in the Library lobby.

Nurse Peggy Akers of Northern Light Health

hosts a walk-in clinic. No appointment necessary.

Flu & Covid vaccines available
with advance notice.

Please contact Amy Tierney

(207) 317-1576

atierney@gmail.com

- Health and Wellness Assessment

- o Blood Pressure, Heart Rate,
weight

- o Physical Assessment

- Lung sounds
- Heart sounds
- Wounds
- Swelling
- Pain

- o Stress, mental health

- Health Education

- o Understanding a diagnosis,
treatment, or medication

- o Healthy behaviors

- o Healthy diet

- o Fitness, exercise

- o Developing healthy goals

- o Developing a plan to meet your
goals

- Medication checks

- o Response to medications

- o Side-effects

- o Education, counseling

- Health and Wellness Support – with orders provided by a Doctor

- o INR blood test

- o Blood draw for ordered labs/tests

- o Wound care

- Health Insurance questions

- Help in finding a Doctor/PCP

- Help in identifying local health resources