

## ANNOUNCING

The Nurse Practitioner Is In: A program of health promotion  
with  
Appleton Health Officer Rob Wall,  
Nurse Practitioner in Family Medicine and Psychiatry, Chaplaincy,  
Medical Staff at Pen Bay Medical Center.

Where: Appleton Fire Station, Appleton, ME.  
In person and on Zoom

When:

Thursday April 9<sup>th</sup> 6-7pm Saturday April 11<sup>th</sup> 12-1pm  
Thursday May 21<sup>st</sup> 6-7pm and Saturday May 23<sup>rd</sup> 12-1pm

This program is monthly for 30- 60 minute that includes a short presentation on an item of  
Health Promotion and follow up Q&A.  
Periodically guests will be invited to provide greater depth.

Anyone can attend.

The program is not intended to treat illness or provide medical care.

Those interested are invited to use the Zoom link on the Appleton Website  
or come to the Fire Station.

Suggested Topics not in any particular order:

Blood pressure -medication and lifestyle  
Supplements

Exercise -there's an App for this  
Role of Medications -and their limits

Living with the Blues  
Living with Worry

Alcohol -how much is too much  
Cannabis -how to know when it's a problem  
Recreational drugs -are they for recreation

Psychedelics -what do they promote  
Opioid addiction

The importance of a spiritual life -in community with others  
Importance of family and friends- when the Holidays come around

What about Meditation?

What about ADHD?

Mutual Help Groups- AA, AlAnon, Narc Anon, Dharma Recovery, Smart Recovery

The Art of Suffering- how can suffering lead to Wellbeing?