

## Promoting Healthy Lifestyles



*Chris Henderson is pictured here being presented with a Wii Fit by Patricia Duguay (left), executive director of River Valley Healthy Communities Coalition, Kelly Greene, manager of Bangor Savings in Rumford and Laurieann Milligan, Western Maine Sudden Cardiac Arrest Association leader. (Times photo by Cherri Crockett)*

by Cherri Crockett

**RUMFORD-** Bangor Savings Bank (BSB) and Med-Care Ambulance in partnership with Sudden Cardiac Arrest Association (SCAA) held a free ski night at Black Mountain in February.

Throughout the night, participants had a chance to win various prizes after answering questions related to banking, health and emergency responder topics.

“River Valley Healthy Communities Coalition is such a vital part of our communities' awareness of living active and healthy lifestyles, stated Laurieann Milligan, leader of Western Maine Sudden Cardiac Arrest Association. “They graciously donated a Wii for us to give away.

Chris Henderson was the recipient of the Wii Fit by simply attending the free ski night and entering his name in a drawing.

“A lot of talk is in the air about wellness and overall healthy life style changes,” stated Milligan. “All of us as parents, teachers and community leaders need to take action on this topic now versus later.” “Obesity and heart disease is on the rise and people need to know there are answers out there.”

Additional prizes were awarded to Steve Child, Steven Hildebrand and Tammy Noyes. They are encouraged to stop by the Med-Care building in Mexico to pick up their gifts.

Med-Care/SCAA, Bangor Savings Bank and River Valley Healthy Communities are here to assist you. Call or visit [www.bangor.com](http://www.bangor.com) , [www.rvhcc.org](http://www.rvhcc.org) or [www.med-careambulance.com](http://www.med-careambulance.com) to learn more.

To find out if you are at risk for Sudden Cardiac Arrest visit [www.suddencardiacarrest.org](http://www.suddencardiacarrest.org).