

Your Health Matters: Book Discussion

Tuesday November 14, 2023, from Noon-1 PM

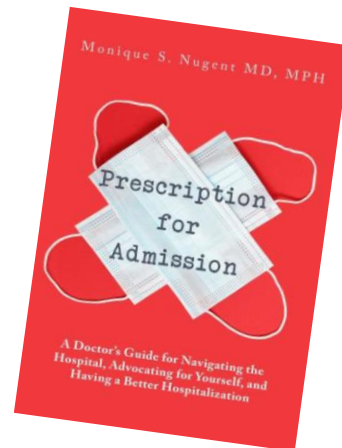
Join staff from the Louis T. Graves Memorial Public Library & Kennebunkport Public Health Department as we discuss ***“Prescription for Admission-A Doctor’s Guide for Navigating the Hospital, Advocating for Yourself and Having a Better Hospitalization,”*** by Monique S. Nugent MD, MPH.

We will meet in the Graves Library Community Room to learn how to stay mentally grounded, communicate effectively and advocate for yourself (or a loved one) during a hospital stay.

Feel free to bring your lunch or snack!

Copies of the book will be available at Graves Library. Not able to read the book in advance? Please join in the discussion.

Questions? Call Graves Library at 967-2778 or the Public Health Office at 967-4401



LOUIS T. GRAVES MEMORIAL PUBLIC LIBRARY