

Blue Hill Memorial Hospital in the Community

On the 1st Monday of each month BHMH hosts/ sponsors “Recipes for Wellness” at the Simmering Pot, a free community supper. BHMH prepares a healthy meal, delivers, and provides staff to serve and clean up. Often, BHMH creates an opportunity during this time to help educate community members on health and wellness topics such as heart health and the importance of vaccines, help people sign up for health insurance, offer free blood pressure screenings, etc.



In February 2015, BHMH offered its second annual free CPR course for community members.



This year will mark the fourth annual Blue Hill Memorial Hospital Women’s Wellness Fair offering activities and information for women of all ages. Women take advantage of free screenings and assessments and have access to a variety of health and wellness-centered exhibitors – offering information, demonstrations, tips, and more. All free to the public.

TOGETHER We're Stronger