



FAL RIVER HEALTH CENTER, LLC

Integrative Medicine

Linda S. Grigel MHP, PA-C

Dear All,

As the holidays and New Year approach, I want to express my wellspring of gratitude for the experiences I have shared with you during the past 18 years. Your life stories have been part of my journey to bring healing, health & happiness to individuals, families, and communities across the globe.

I thank you for the kindness, laughter, love and the culture we have created together. Your support has been a great inspiration to me during the pandemic.

My commitment to the Fal River Health Center community will continue in 2022.

However, changes are upcoming that will allow me to spend more time with family, friends and to travel, while providing continued Integrative Medical care.

I am excited to share that Coastal Pharmacy & Wellness and I have joined in a collaborative professional relationship and that Fal River Health Center will be moving to their business location in January 2022.

At Coastal Pharmacy & Wellness (29 Marginal Way Suite 4, Portland, ME 04101)

- I will see established Fal River Health Center patients 2X/ week
- The phone number for the practice remains the same, 207-781-7880
- During my transition in December, I will offer telehealth and limited in person appointments. Also, based on individual circumstances consider home visits.
- Remedies from my pharmacy can be picked up at Coastal Pharmacy & Wellness

In addition to having office hours at Coastal Pharmacy & Wellness, I will be a resource for their pharmacists & staff for homeopathic recommendations as well as Integrative Medicine with a specialty in Pediatrics.

This upcoming change brings me great joy as it is the completion of a full circle in both my personal & professional life. Many of you know that my grandfather was an esteemed pharmacist in Philadelphia and from a very young age I worked at his compounding pharmacy.

It is an honor to have this opportunity to share my knowledge & experience with the greater Portland community, supporting well – being for all.

I send blessings for health, happiness and serenity in 2022. 🙏
And look forward to seeing you at Coastal Pharmacy & Wellness!

Best,

Linda S. Grigel MHP, PA-C, CCH