

# Get connected with your seniors' community connector



We're connecting older adults to services in their community to support their **health** and **social well-being**.

Your seniors' community connector will help you find:

- Social activities and programs
- Physical activity and exercise programs
- Meal delivery and nutrition programs
- Family and caregiver supports

Research shows that **social connections** can lead to **healthier aging** in older adults.

**Get connected today!**

# We want to connect with you!

Your local **seniors' community connector** will meet with you and help develop a personalized wellness plan.

They will connect you with community supports and work with your health care provider for additional support in your healthy aging journey.

This program works in partnership with services you may be receiving from Fraser Health Home and Community Care.

**Your community connector/organization:**

**Phone number:**

**Date they will contact you (if known):**