



CareLink Program

Students and Seniors: Partners for Wellness

CareLink is a **free** service provided by the Visiting Nurse Association of South Central Connecticut, Inc.

Carelink is available to seniors who are interested in learning more about ways to manage and improve their health. Third and fourth year nursing students will work with you in your home. They can also assist you with:

- Watch over your current health
- Watch out for your future health
- Provide information on eating right
- Understanding your medications
- Home safety and fall prevention
- Exercise

Learn more about ways to better manage conditions such as arthritis, diabetes, high blood pressure, and others.

Call the *CareLink* hotline at **203.859.6052** to find out more about this senior wellness program. Leave your name and phone number and a nurse will call you back.