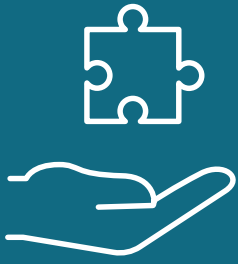


# IMPROVING SOCIAL CONNECTIONS



**Wellbeing Connectors** provide free support to connect older adults with **local lifestyle services and activities**



Social and lifestyle activities may include:

- Physical activity programs such as walking groups and group exercise programs
- Arts and recreational activities like book clubs, bird watching and music programs
- Volunteering opportunities and social activities such as Men's Shed and coffee clubs

Wellbeing Connectors can provide more intensive assistance if required, either in person, over the phone, online, or through a home visit.

<b>Mid-Lower Blue Mountains</b>	Jo Newton	0460 859 543	cdo@sncc.org.au
<b>Lithgow and Upper Blue Mountains</b>	Eva Regitz	0406 411 702	wellco@sncc.org.au
<b>Penrith and Hawkesbury</b>	Dana Stewart	0440 104 157	dana.stewart@benevolent.org.au

*People aged 65 years of age or 55 years for Aboriginal and Torres Strait Islander people are eligible, including those receiving and not receiving government support.*

For more information visit:

# MyHealthConnector.com.au



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