



Do you need or want someone to talk to?
The **Social Bridging project** pairs older adults who feel isolated at home with trained student volunteers who can provide one or more of the following depending on your needs:

- ➡ A conversation or friendly check-in
- ➡ Training on use of technology using whatever devices you have available to:
 - » Connect socially with friends and loved ones, remotely access online fitness classes, faith communities, etc.
 - » Use telehealth to connect with medical providers
- ➡ Referral to additional resources if needed and desired

*If interested, please leave a message at **(828)771-3445** or send an email to **Tasha.Woodall@mahec.net** with your phone number and preferred day and time for a phone call.*