



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.*