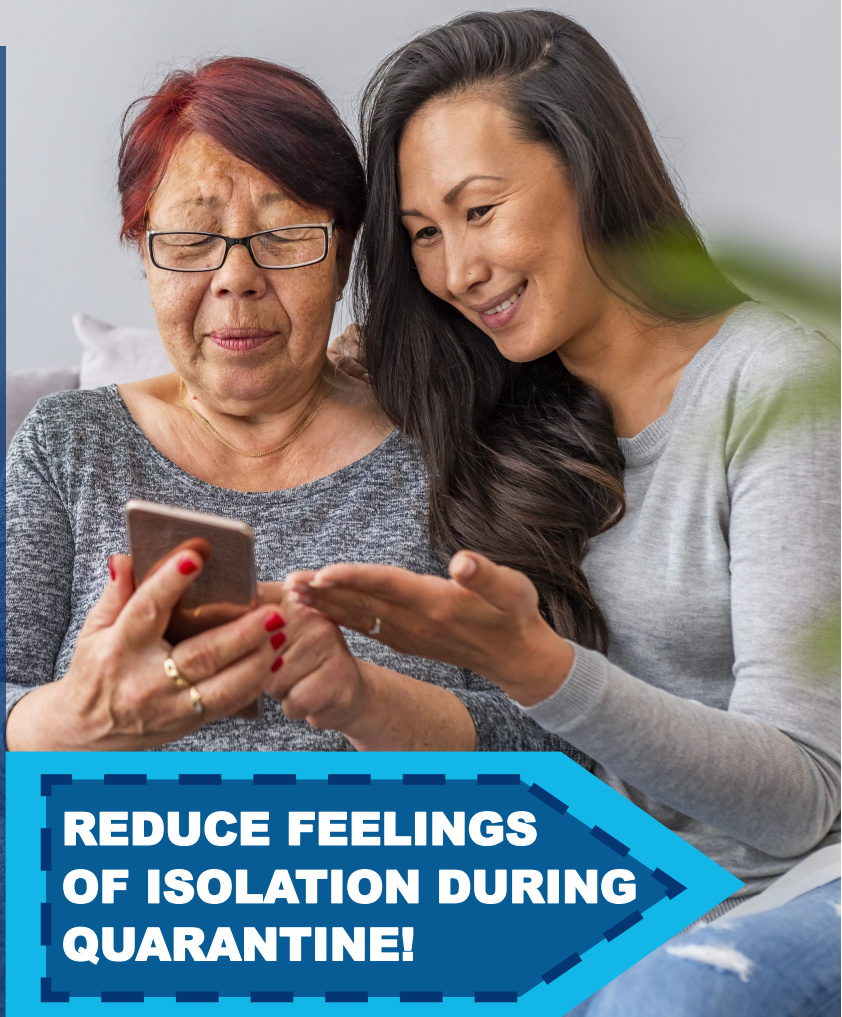


CHECK AND CONNECT

Sign up today for Aging & Long Term Care's **CHECK AND CONNECT** Program!

- ♦ Would you like to learn about current support services or have needs that aren't being met?
- ♦ Do you need communication, conversation or connection?
- ♦ Would you be interested in a weekly support call from a caring person at our agency?

Receive weekly calls from our Check and Connect team to voice your concerns, discuss your needs, discover services, and talk about how you are doing. We're here to help you reduce stress and isolation during the current quarantine mandates.



**REDUCE FEELINGS
OF ISOLATION DURING
QUARANTINE!**

HOW DO I SIGN UP?

To sign up for this service please reach out to the Program Coordinator at 509 960-7281.



**Aging &
LONG
TERM Care**
OF EASTERN WASHINGTON

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