



## Focused on Your Health & Well-being

Concord Regional VNA has been caring for people since 1899. While we provide highly skilled health care services to people in their homes and at the Hospice House, an important part of our mission is community wellness.

We offer a comprehensive array of programs on topics such as aging, healthy lifestyles, advance care planning, grief and bereavement, caregiving and more throughout the communities we serve.

Our wellness programming includes:

- Senior Health Clinics
- Immunization Clinics
- In-home nursing visits for new mothers and their babies
- Capital Area Memory Café
- Walk-In Wednesday
- Dying to Talk Cafés
- Advanced Illness Management Support through the Community Health Educator program
- Penacook Village Fund
- Caregiver Café

We are proud to also offer these nationally-recognized programs:

**Aging Mastery Program®** offers older adults a fun and engaging way to gain skills and tools to manage their health, remain economically secure, and contribute actively in society as they age.

**A Matter of Balance** helps older adults learn to reduce their fear of falling and gain self-confidence to help them remain active.

**Better Choices, Better Health™** helps participants learn skills to better self-manage their chronic illness.

**Powerful Tools for Caregivers** empowers family caregivers to take care of themselves while caring for a loved one.

Learn more at:

(603) 224-4093 | (800) 924-8620

[www.crvna.org/services](http://www.crvna.org/services)

*Serving New Hampshire Since 1899.*

Programming also offered online!  
Visit [www.crvna.org](http://www.crvna.org) for details.