

Feeling isolated?

Do you find yourself wanting more time with others and feeling isolated at home?

Overwhelmed by tasks?

Do tasks/decisions that once seemed easy to think about feel more complicated than they used to be?

Losing interest?

Have you noticed yourself losing interest in hobbies, activities, or things you usually like to do?

Easily irritated?

Have you noticed you are more easily irritated or upset lately?

*If any of these questions seem familiar to you, Central Clinic Behavioral Health invites you to explore **Senior Connections** – a program designed to enrich your life through meaningful engagement and community.*

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It's never too late to invest in your well-being.

Give us a call to learn more about **Senior Connections** and begin to experience the benefits of a supportive community dedicated to enhancing your quality of life.

Contact Us Today!

Phone: 513.558.5801



SENIOR CONNECTIONS

A Program of Central Clinic Behavioral Health
in Collaboration with Council on Aging





Senior Connections

is a specialized program tailored for older adults (60+ years) seeking to enhance their quality of life through social interaction, personal growth and engaging activities.

Program Highlights

- Social Activities
- Wellness Education
- Personal Growth in Individual Therapy
- One-on-One Support through Case Management

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