

## Focused on Your Health & Wellbeing

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:

- Foot Care Clinics
- Immunization Clinics
- In-home nursing visits for new mothers and their babies
- Memory Cafés
- Walk-In Wednesday
- Dying to Talk Cafés
- Chronic Condition Management through the Community Health Educator Program
- Penacook Village Fund
- Caregiver Connection

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



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

### **Aging Mastery Program®**

Learn from local experts about topics such as sleep, healthy eating, finances, and falls prevention.

### **A Matter of Balance**

Falls are common as people age, but it does not have to be that way. Learn simple ways to reduce your risk of falling during this program.

### **Live Well, Be Well**

Managing a chronic condition such as arthritis, diabetes, or hypertension can be challenging. Discover tools and information to help you or your loved one.

### **Healthy Families America**

Trained family support specialists visit families in their homes to provide research-based support.

### **Powerful Tools for Caregivers**

Are you a family caregiver? Learn valuable tips on how to take care of yourself while tending to your loved one.

Learn more at:

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

Offices in Concord, Laconia & Wolfeboro

[www.granitevna.org](http://www.granitevna.org)

Caring for New Hampshire Since 1899