

## Wellness

# 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
- 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

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®** 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.

**Healthy Families America** has been shown to improve parenting attitudes, increase knowledge of child development, support a quality home environment, promote positive parent-child interaction, improve family health and prevent child abuse and neglect.

**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

30 Pillsbury Street, Concord, NH

Branch offices in Laconia & Wolfeboro

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

Serving New Hampshire Since 1899.