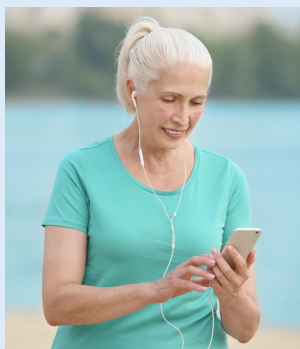


# Health Buddies



*Because Together, We're Stronger*

**Encourage better health  
through social connection**



Health Buddies empower individuals living with chronic conditions to...

- *Enhance their quality of life*
- *Lower stress and anxiety*
- *Self-manage their health*
- *Live independently*
- *Reduce loneliness*



**SENIORS in SERVICE**  
GEARED UP TO SERVE

# About Health Buddies

Health Buddies engages compassionate, trained volunteers to provide encouragement, education, and support to individuals living with chronic conditions. Through regular telephone reassurance, we are improving the health of individuals who need it most.

## What do Health Buddies do?

### Commit

To calling their "buddy" on a regular schedule.

### Engage

In meaningful conversation about their well-being.

### Listen

For "red flags" that may need to be addressed.

### Connect

Them to additional community resources.

## How can you help?

### Become a Volunteer

If you are a compassionate individual who cares about health, you can help today! All volunteers complete a background check and receive training from Seniors in Service. **Sign up to be a Health "Buddy" today using the link below.**

### Refer a Patient

Social relationships have a positive impact on physical health. **"Prescribe" companionship as medicine and refer a client today using the link below.**

### Contact us today!

Phone: (813) 492-8931

Email: [healthbuddies@seniorsinservice.org](mailto:healthbuddies@seniorsinservice.org)

[www.SeniorsinService.link/HealthBuddiesInfo](http://www.SeniorsinService.link/HealthBuddiesInfo)



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