Studies show that social connection actually improves physical health, and mental and emotional well-being. Furthermore, a lack of social connection is shown to be worse for your health than obesity, smoking, and high blood pressure. People who feel more connected to others have less anxiety and depression, and higher self-esteem.*

It can be hard for people with chronic health conditions to socialize and meet friends, especially in the winter months. Adult Day Health Centers have the power to change lives for the better. Every day brings opportunities for fun and friendship in a medically safe environment. We provide skilled nursing, personal assistance, transportation, meals, activities, and caregiver support. Call for details and to schedule a tour.

Visit our website: adultdayhealth.communityvna.com

*Source: “Connectedness & Health: The Science of Social Connection” by Dr. Emma Seppala, Stanford Medicine, May 2014
Our Centers are licensed by the MA Department of Public Health and affiliated with Community VNA of Attleboro, MA.