

Health and Wellness Programs

Stamford Hospital Community Outreach

Monthly, a doctor from Stamford Hospital provides an educational seminar with a complimentary lunch to senior participants. Stamford Hospital is committed to serving the residents of the Lower Fairfield County region by delivering a comprehensive array of programs and services intended to improve the health and well-being of residents throughout the hospital's service area.

Walgreens Pharmacy

The Walgreens Pharmacy of Darien provides access to health services as well as education to seniors on their path to wellness. Ashi, the Pharmacy manager of Walgreens in Darien offers a monthly program consisting of free health testing, health education, and consultations.

Connecticut Pharmacy

Pharmacists from Connecticut Pharmacy will cover important topics for health and wellness, including heart health, blood pressure concerns, cancer guidelines, and vaccination updates, hearing issues, eye health, and more. Connecticut pharmacy serves is a closed door pharmacy serving patients in nursing homes, assisted living facilities, and retirement homes. This program is designed to give seniors an appreciation for the basic changes which normally occur with aging.

A Matter of Balance with Fairfield University School of Nursing

Falls are the primary cause of injury in Connecticut's older adults. Fairfield University School of Nursing hosts eight weekly two-hour sessions on fall prevention methods with focus on reducing participants' risk for falling. This program is held twice a year. The program will help participants set goals for increasing physical activity, and teach exercises to increase strength and balance. The program has proven to increase confidence in the management and prevention of falls. There is significant evidence that fall prevention programs can decrease the rate of falls in older adults. Please refer to the newsletter for dates and time.