



Copper City
Community Connection
LIFE IS BETTER WITH FRIENDS

Do you or someone you know...

- Feel a lack of interest in things you once enjoyed?
- Have decreased energy?
- Feel worthless or hopeless at times?

**Healthy
IDEAS**

Healthy Ideas is a program for anyone ages 55 and older who may feel sad or lonely. We can get you connected with local resources to help you feel better.

To make a confidential appointment, please call
Stephanie Malagese at (315)337-8230 or email
smalagese@coppercitycommunityconnection.com

Copper City Community Connection
305 E. Locust St
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Partnered with the Oneida County Office for Aging and
The Western and Central NY Health Foundation

