



Prefer a pen pal?
Our Wellness Writers are trained community members who will write once a month to check in, exchange stories, and share the joy of a handwritten letter.

Do you need or want someone to talk to? The **Social Bridging Project** pairs older adults who feel isolated with trained student or community volunteers who can provide one or more of the following depending on your needs:

- A conversation or friendly check-in
- Training on use of technology using whatever devices you have available to:
 - » Connect socially with friends and loved ones, remotely access online fitness classes, faith communities, etc.
 - » Use telehealth to connect with medical providers
- Referral to additional resources if needed and desired

If interested, please leave a message at (828)412-0431 or send an email to socialbridge@unca.edu with your phone number and preferred day and time for a phone call.