

Looking for food & social connection?



Check out

Project Age Well


What is it?

- Wellness program by phone or online via Zoom offering classes on nutrition and health & wellness topics with a small group of peers, a care coordinator, and a nutritionist
- Nutritious meals or groceries delivered to you each week!

You may be eligible if you are:


- 60 years or older
- Living in San Francisco
- Able to participate in classes using a phone, tablet or computer
- Seeking social connections, and
- Have an income of \$67,950 / year or less for household of 1.

For more information

 **Call 415-447-2448**


 **E-mail agewell@openhand.org**


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
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
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