

Coffee & Conversation

Older adults in the community are invited to connect on the phone with others during social isolation.

Join Stephanie Chissler, occupational therapist and coordinator of the Aging in Balance Program, for a weekly phone call with other community members. You are welcome to call once or every week, where we will be:

- Having conversation
- Supporting each other
- Sharing resources and tips to reduce stress and anxiety

Bring your own coffee or tea and join the conversation!



**Join us on Thursdays
from 1-2 p.m.**

The phone number to call is **1-646-558-8656** and when asked, enter meeting ID **131-672-167##** (no participant code is needed).