

ASK THE NURSE

BRANFORD

2nd Thursday, Noon - 1:00 p.m.
Community Dining Room, 30 Harrison Ave.

EAST HAVEN

4th Wednesday, 9:00 - 11:00 a.m.
East Farms Village, 65 Messina Dr.

GUILFORD

4th Friday, 11:30 a.m. - 12:30 p.m.
Community Center, 32 Church St.

3rd Thursday, 10:00 - 10:30 a.m.
Guilford Court, (off North St.)

3rd Thursday, 10:45 - 11:15 a.m.
Boston Terrace, (off Boston St.)

3rd Thursday, 11:30 a.m. - Noon
Sachem Hollow, State St.

KILLINGWORTH

1st Monday, 12:45 - 1:45 p.m.
First Congregational Church, 273 Route 81
* Not in June, July & August

MADISON

2nd & 4th Tuesday, 12:30 - 2:00 p.m.
Madison Senior Center, 29 Bradley Rd.

HAMDEN

2nd Tuesday, 11:00 a.m. - Noon
Mt. Carmel Congregate Housing,
33 Woodruff St., Main office

Every Wednesday, 11:00 a.m. - 1:00 p.m.
Miller Senior Center, 2901 Dixwell Ave.

2nd & 4th Tuesday, 9:45 - 10:45 a.m.
Davenport Dunbar, 125 Putnam Ave.

NORTH HAVEN

4th Tuesday, 10:30 a.m. - Noon
Stevens Woods, 165 Clintonville Rd.

4th Tuesday, 9:00 - 10:15 a.m.
Woods Edge/Oak View, 520 Pool Rd.

2nd Wednesday, Noon - 1:30 p.m.
North Haven Joyce Budrow Sr. Ctr., 189 Pool Rd.

WEST HAVEN

Wednesdays, 9:30 - 11:30 a.m.
Surfside Senior Housing, 200 Oak St., Unit 3

WOODBIDGE

1st & 3rd Tuesdays, 11:00 a.m. - 12:30 p.m.
Woodbridge Senior Center, 4 Meetinghouse Ln.

12/2019



Stop in to any of our **Free Health Coaching** sessions! A registered nurse (RN) can check your blood pressure, heart rate and weight, assess your health and work with you to set goals. The nurse can also review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment.