UJA SocialRx

Your Prescription for Connection

UJA SocialRx connects you to valuable community resources to improve overall health & well-being.

Through this program, a Mid Island Y JCC Connection Specialist can help you identify resources to deal with tough challenges like loss, life transitions, chronic health issues, financial stress, or loneliness.

Our Connection Specialist can work with you to develop a holistic plan for your day-to-day social health, helping you identify activities and referrals that may include:



- **Arts & Cultural Events**
- **Faith-based Gatherings & Community Celebrations**
- **Fitness Classes & Wellness Programs**
- **Social Groups & Classes**
- **Technology Access & Training**
- **Volunteer Opportunities**
- **Transportation, Food, or Housing Support**

These facilitated referrals can lead to meaningful engagement — not just through providing a warm connection to activities and services, but also fostering relationships.

For more information:

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UJA SocialRx, formally Isolation to Connection, joins an international effort that supports older adults to make meaningful social connections to improve quality of life.