



“Community Matters”

By Lamprey Health Care

A speaker series bringing relevant topics to the forefront



Loneliness and health - the overlooked connection

How to create community to support better health.

Presented by: Dr. Jeffrey Geller, Nationally Recognized Expert on Loneliness & Mental Health

A supportive and interactive discussion exploring loneliness, mental health, and the power of human connection — with practical tools and local resources to help strengthen community and support better health.



Wednesday, **June 17th 2026** Raymond Office (128 Route 27)



Refreshments: 6:15pm



Presentation & Workshop: 6:45pm - 7:45pm

**Earn
CEU's!**

Workshop Highlights

- Learn how loneliness impacts mental and physical health
- Explore practical ways to build stronger connections and community
- Gain tools to support yourself and others experiencing loneliness
- Participate in interactive discussion and reflection activities
- Leave with resources, perspective, and reassurance that you are not alone

Click here or Scan QR code
to RSVP!



Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity Number: 1643

The Southern NH Area Health Education Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 1.0 professional hours of continuing education.