



"Community Matters"
By Lamprey Health Care
A speaker series bringing relevant topics to the forefront

CO-HOSTED EVENT

Speakers, Interactive Discussions, Resources, Dinner



15-minute wellness snapshots - 6:00pm-6:45pm

Fall Prevention • Stroke Awareness • Advance Directives

KEYNOTE SPEAKER 6:45pm-7:45 pm

Dr. Jeffrey Geller,

Nationally Recognized Expert on Loneliness & Mental Health

Loneliness & Health: The Overlooked Connection

How to create community to support better 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,
September 30, 2026
5:30pm - 7:45pm**



**Southern New
Hampshire Health
10 Prospect Street,
Lower Level Conference
Room "ABCD"**



**Free
Community Resource
Fair & Dinner
5:30pm - 6:00pm**



**Presentations
and Interactive
Discussions
6:00pm - 7:45pm**

Event Highlights

- Enjoy complimentary dinner and networking opportunities
- Community Resource Fair featuring local health and support organizations
- Learn about Fall Prevention, Stroke Awareness, and Advance Directives
- Presentation & Discussion with nationally recognized Loneliness expert Dr. Jeffrey Geller
- Leave with practical resources and community connections

**Scan QR code to
RSVP! or go to:**

lampreyhealth.org/calendar/loneliness/

