



Health Navigation

Health Navigators support and connect individuals to free and low-cost services and resources

Examples of how Health Navigation can help you:

Finding Resources for

- Cancer Prevention & Screenings
 - Exercise and Nutrition
 - Smoking Cessation
- Counseling and Support Groups
- Referrals to Financial Assistance Programs
- Transportation to Medical Appointments

**To connect to this free service, please dial
203-200-3030 to reach a Health Navigator**