



# **Wellness Tip of the Week**

with the Area Agency on Aging District 7

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## **Community Resources**

Looking for resources to help you stay safe and independent in your community?

Need help with identifying long-term care services for in the community or home?

Not sure who to call in your county for home and community-based services?

We can help! Call our Resource Center at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).