



Are you an older adult 55+
interested in health beyond
medications and tests?

WHAT'S NEXT?

It's easy. With your permission, your healthcare professional will refer you to the Community Connector who will:

- Contact you to set up a time to meet either in-person, over the phone, or virtually.
- Take the time to listen.
- Help you identify what you need and want.
- Partner with you to connect to supports and activities that feel right for you.

You don't have to do it alone.

A healthier, more connected life might be just around the corner!



**Social
Prescribing**
in Saskatchewan

Regina and Surrounding Area



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LOOKING FOR MORE THAN JUST A PRESCRIPTION?

Social prescribing is a way to support your health and well-being — by helping you connect with people, activities, services, and supports in your community.

It's not about adding another pill.
It's about finding the things that lift you up and keep you going.

WHAT IS SOCIAL PRESCRIBING?

Life can feel overwhelming at times—especially when you're dealing with health concerns, loss, isolation, or big life changes. Social Prescribing offers adults 55+ support that goes beyond the medical.

A Community Connector can help link you to local:

- Social and recreational groups
- Art or fitness classes
- Volunteer opportunities
- Support for grief, stress, or anxiety
- Housing or financial options
- Food security
- Transportation options
- Peer support and friendly check-ins ... and more!

These kinds of connections can boost your mood, improve your confidence, and help you feel more in control of your health.

WHY IT MATTERS!

Because health is about more than just your body.

We all need purpose, connection, and support.

When we're feeling lonely, stressed, or unsure where to turn, our health can suffer.

Social prescribing helps address those deeper needs—with kindness, not judgment.

It's about listening to what matters most to you and helping you take steps toward feeling better—at your own pace.

