

# Health

LIVE UNITED

Fairfield County's Bold Goals in health are:

- Support services that increase the ability of elderly individuals and individuals with disabilities to complete independent activities of daily living
- People who seek care, get care
- People maintain healthy nutrition and physical fitness



Tamara

Tamara is a hard worker. She is one of the many adults that has decided to go back to school to better her life. In the meantime, Tamara has no medical coverage and no primary care physician while she attends nursing school. When she got sick and didn't know where to turn, By The Way Medical Clinic was like a beacon of hope. They cared for her with dignity and respect and Tamara felt more than just physically better. She was inspired. Now Tamara volunteers at the clinic twice a month to pay it forward and help provide services to other community members. "You just never know when you'll need help. I never thought I would need the help... but I did."