



we make aging part of **life**®

LIVE YOUR BEST LIFE WITH PARKER NAVIGATOR

- Learn how to age well at home
- Get help navigating senior services
- Make a plan to keep doing the things you love



Contact us at
navigator@Parkerlife.org
732-902-4979 |     

OUR GOAL

We know that aging can be hard at times. Parker Navigator's goal is to make aging easier. We start by learning more about you. We then work with you to create a plan for you to age well at home. After you start your plan, we check in with you to see how things are going.

WHO WE ARE

The Parker Navigator program is run by Parker Health Group, Inc., a not-for-profit organization that has been helping seniors in central New Jersey for over 110 years.

WHAT WE DO

Our Care Navigators can assist you with:

- Knowing what you need to age well
- Setting goals to age well
- Finding senior services
- Making appointments
- Applying for programs
- Getting education and support

SERVICE AREA

Middlesex County, New Jersey

GET STARTED

Take the first step! Learn more about how to live your best life. **Schedule a home visit with one of our Care Navigators by contacting us at:**

- **By phone:** [732-902-4979](tel:732-902-4979)
- **By email:** navigator@parkerlife.org