

# Serious Health Event?

*Help members connect online with family and friends for emotional support.*

## Benefits of a Free CaringBridge Community:

- Centralizes communication
- Saves time and emotional energy
- Reduces stress and isolation
- Makes the health journey easier

## What is CaringBridge?

CaringBridge provides free, personal, private websites that connect family and friends during a significant health challenge. It saves time and energy by centralizing communication and easing the burden of sharing health updates with loved ones.



Recommend CaringBridge to your members today!  
[www.CaringBridge.org/UCare](http://www.CaringBridge.org/UCare)