

# HEALTH IMPROVEMENT ALLIANCE

Partnering To Build Healthier  
Communities Since 2003

Looking for Greater Bridgeport  
resources to help keep you healthy?

Scan the QR code to access the HIA  
Resource webpage for information on:

**Food resources** such as free food  
distributions and food assistance

**Covid-19** information and where to get  
tested

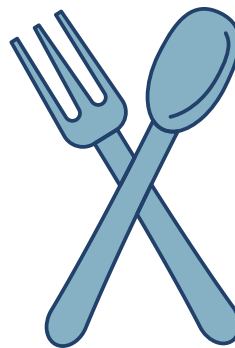
**Healthy eating** information like recipes,  
shopping tips and more!

**Mental health, healthy living** resources  
and much more!



**Two ways to access**

- 1) Open camera on smart phone and point directly at this code **OR**
  - 2) Go to [HIA-CT.org](http://HIA-CT.org) and click on Local Resources on right side of the main page
- Page is updated frequently**



MORE INFORMATION AT [WWW.HIA-CT.ORG](http://WWW.HIA-CT.ORG)



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