



**Navigating Insurance Companies:  
Get the Best Care for your Family  
Tuesday, March 20, 7 to 8:30 p.m.  
Library/Media Center at Wooster Middle School,  
150 Lincoln Street, Stratford**

(enter through back near parking lot, in entrance for continuing education, which has a bell)

*Not all health care is equal.*

In fact, there are significant differences in quality of care in different health care systems. Unfortunately, often those who need the most aren't able to get what they should have access to ... partly because they don't know what they are missing.

High Quality (Home) Therapy, with offices in Fairfield and Stamford, is committed to helping people maximize their benefits and obtain the best therapy possible. This presentation will, through case examples, help you obtain the best care for your family.

Our speaker, Dr. Caryn McAllister, owns High Quality (Home) Therapy, an “outside-the-box therapy company” that provides physical, occupational, speech and massage therapy services as well as personal training, in both homes and office locations. With nearly 25 years of experience as a physical therapist, Dr. McAllister has learned the in's and out's of insurance companies and is happy to teach and empower others to advocate for their health care.

**RSVP: [info@stratfordsepta.org](mailto:info@stratfordsepta.org)**

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**SAVE THE DATES:** Our last meeting of the school year will be on April 24, same time and location. Also join us for a **Happiness In Play** open gym night on March 16, 6-8 p.m. in Wooster gym, featuring basketball, scooters, karaoke, LEGOs, and Minecraft origami (siblings welcome).

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