



- ✓ Increase safety and energy efficiency in homes
- ✓ Provide healthy food, breastfeeding support, and nutrition education for young families
- ✓ Improve the nutritional health of older adults
- ✓ Build stronger neighborhoods with safe and affordable housing
- ✓ Connect people to services they cannot find or identify
- ✓ Improve the community with housing rehabilitation

Our mission:  
Tioga Opportunities, Inc.  
creates partnerships that  
strengthen communities  
while empowering  
individuals and families  
to achieve independence  
and enrich their quality  
of life.

[www.tiogaopp.org](http://www.tiogaopp.org)

607-687-4222

- ✓ Help people live independently in their own homes
- ✓ Improve overall health and well-being by providing access to medical appointments
- ✓ Help avoid the worry and stress of unintended pregnancies
- ✓ Increase knowledge regarding Medicare insurance options
- ✓ Help people become financially stable

