

# SOCIAL CONNECTIONS

KEEP YOUR BRAIN AGILE WITH OTHERS



Socialization helps keep our brains healthy.



Positive social interactions boost our overall health.



Nurture your relationships. Remember quality over quantity.



**EXPAND YOUR SOCIAL CIRCLE- TRY SOMETHING NEW, GET INVOLVED, OR PLAN A VIRTUAL MEET-UP.**



Your time is a valuable resource and can be given to others through volunteer work or other contributions. Be sure to fuel your spirit, too.



Diversify how you are spending your time and who you are spending it with to meet new people. Make a friend out of your own peer group.



Stay connected with others. Focus on exercises, activities, relationships, and people you enjoy the most.



**CONNECT WITH AT LEAST ONE PERSON A DAY**



Call

Text



Email

Mail a Card



Grab a Coffee

**STAY IN TOUCH WITH US**



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