



Build social CONNECTIONS

Humans need social contact. Having good social connections can help you feel better and live a healthier life. These are some ways to meet people and have fun with others.

- **Join a group or class.** Book clubs, wood carving, music and hiking are a few options.
- **Get involved.** Attend a neighborhood clean-up or gardening effort.
- **Volunteer.** A local charity, library or hospital may need your help.

Source: National Institutes of Health