



Social Isolation Workshop

Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health. This workshop will:

- Raise awareness around social isolation and loneliness,
- Transform the way in which community members view social connections, and
- Empower older adults with tools and motivation to help build and maintain strong support networks and meaningful relationships.

Attendees will put pen to paper to develop a plan to maintain and expand their social connections to make their lives more full and avoid isolation.



***Wednesday
November 19th***



1:00 PM



***Rutgers UHR
Community Room
57 US Route 1 south
New Brunswick, NJ
08901-8554***