



# Let's Talk about:

## *Social Connection*



Hi CCS Community!

Happy Fall! It is an exciting time of the year! Apples are almost in season, the leaves are turning colors and we (hopefully) feel rested from a fun and restorative summer. By now, many of us know that there are many benefits of staying connected with other people and creating strong friendships. However, there is actually science to back up the importance of social connections.

### **Why is it important to stay socially connected?**

A large research study conducted in Boston found that social connections can add **years** to a person's life! Social connections with friends, neighbors, colleagues and family can increase the odds of survival by 50%. Having strong social connections can have tangible health benefits such as:

**Decreasing** HbA1C levels in people with Type 2 Diabetes

**Higher amounts of social networks** are associated with reduced risk for heart disease

**Group membership** is a protective factor against developing depression

### **What are some ways to stay socially connected?**

All of you are actually already engaging in social connections through being a part of CCS! This is a wonderful community that offers you many opportunities to socialize and stay active. However, beyond this community, there are a few ways to get more involved and expand your networks.

**Join a yoga class-** At Sangha studio, there are many different lessons offered for varying skills levels. You can opt for the "donation-based" payment, and pay whatever you can afford!

**Visit the local Fletcher Free library** - If you google "Fletcher Free library events", you can select Adult Programs to view all events offered that month. This is a great way to meet new people and check out new books!

**Join a class at the Burlington Parks & Recreation website** - If you check out the "Programs and Activities" tab on the Parks and Recreation website, you will see a number of classes ranging in price and activity. There are arts and crafts classes as well as intramural sports leagues.

Remember, the more you stay connected, the happier and healthier you will be! It can sometimes be hard to reach out to others for support, but building a strong network can help combat loneliness and add a new circle of friends to your life. Let me know if you join any of these clubs or activities!

