

# LET'S BE SOCIAL



**Staying social helps build relationships and improves your mental health!**

## BEING SOCIAL MEANS:

Maintaining social connections are key to healthy aging, mental health and well-being. People with strong social networks are more active, feel happier, and more supported. Staying in touch with neighbors, friends, and family can help keep your social network strong.

## WHAT CAN I DO TO BE SOCIAL?

**Participate in Community Activities:** Think about activities you enjoy and look for ways to get involved.

- Consider joining a local seniors club. They offer social and recreational opportunities such as card games, potlucks, exercise and more!

**Volunteer Your Time:** Not only will it help your community, but it is a great way to meet new people.

- Contact your municipality or senior's agencies to discover opportunities for social participation and volunteering.

**Connect with Others Through Technology:** Consider trying technology as a great way to stay in touch with loved ones.

- Use electronics to share pictures, have video conversations, join online support groups or clubs. Call Cyber-Seniors at 1-844-217-3057 for FREE technology support and training.

**Join a Group Exercise Class:** Participate with others or go on walks with friends to increase social interactions. Doing physical activities with others not only reduces the risk of falling, but it's also an amazing way to meet people!

- Contact your local Community Center, local gym or Senior's Centre to find out what is available.

**Try New Things:** Learn something new to keep an active mind and make friends with common interests.

- Sign up for a painting course, learn to cook or take an educational or creative writing class. Keep an active mind, and who knows – you may find a new friend in class!

**Access Public Libraries:** Libraries are a great resource for things happening in your community.

- Check out your local library to access a variety of programs as well as free public Wi-Fi access and technology support.

**Let's be ACTIVE. Let's be SOCIAL. Let's be STRONG!**

For more information visit: [www.stayonyourfeet.ca](http://www.stayonyourfeet.ca) or contact your local public health unit.



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