**CONNECT TO THRIVE**
Social connections help protect health and enhance life. Look for ways to get involved with others:
- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- Take a class in yoga, tai chi, or another new physical activity.
- Help with gardening at a community garden or park.
- Volunteer at a school, library, hospital, or place of worship.
- Join a local community group or find other ways to get involved in things you care about.

**BE THERE**
Challenge yourself to put your cell phone away when you’re with other people for 30 days. The idea is to focus on people when you’re with people - your cell phone can wait. Not only is it rude to ignore your company, you are missing out on one of the most enjoyable parts of life - interpersonal relationships. Give others your full attention and be present!