



NINE ways to improve social health



Take a new exercise class, such as tai chi or water aerobics.

Start a neighborhood walking group.

Listen to others with empathy and caring. Avoid being overly critical.

Join a creative arts group, such as theater, choral, or writing group.

Get involved in local efforts to develop walking and bike paths, or other neighborhood improvement projects.

Share your feelings honestly.

Travel to new places to meet new people.

Disagree with others, respectfully. Compromise and try to come to agreements that work for everyone.

If you are a family caregiver, ask for help from others. Consider joining a caregiver's support group to exchange stories and ideas.