

Health and well-being require more than just eating right and staying active. **Keeping connected** socially is a key element of well-being, and higher levels of well-being are associated with decreased risk of disease, improved immune functioning and increased productivity.

the FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING

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As a member of the Y, you have opportunities every day to get to know people you might not otherwise meet. Here are some ideas for forming social connections.

NEWCOMER PROGRAMS,

such as Welcoming Week next month, promote cross-cultural understanding and create a welcoming environment for all.

YOUTH SPORTS encourage friendships with youth of diverse ages and backgrounds.

► HEALTH AND WELL-**BEING PROGRAMS** such as

EnhanceFitness, an older adult fitness and arthritis management **program,** foster a sense of belonging among participants, which helps support their choice for a healthier lifestyle.

> Best of all, connections you form contribute to the Y's work to strengthen communities. Every bond you form with someone leads to a stronger community! --

The Y.[™] For a better us.