



BUILDING CONNECTIONS IN THE COMMUNITY

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.

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! →