

Healthy Aging Highlights

Information on healthy aging and more from the National Institute on Aging at NIH



Everyone needs social connections to survive and thrive. Older adults who spend a lot of time alone may be vulnerable to loneliness and social isolation, which can have negative effects on their health and well-being. Engaging in meaningful, productive activities with others can help people stay healthy and be happier.

To stay connected, try:

- Finding a hobby you enjoy or taking a class to learn a new skill
 - Setting aside time each day to connect with family, friends, and neighbors
 - Participating in programs at a local service agency, community or senior center, or public library
 - Joining a low-impact workout class or walking club
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