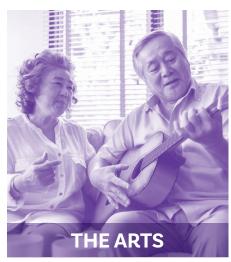
SOCIAL ENGAGEMENT:

A Key Ingredient to Well-Being for Older Adults

Ways Older Adults Can Get—and Remain—Socially Engaged



Volunteering, whether for a local club, a nonprofit organization or a faith community.



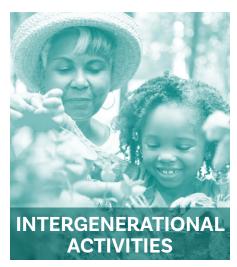
Rekindling creative talents or learning new ones by taking art classes, learning an instrument or singing in a choir.



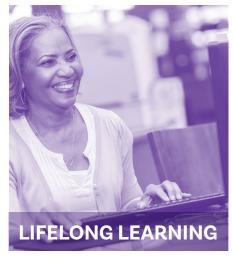
Seeking employment opportunities or developing entrepreneurial talents.



Using technology such as a personal computer or mobile device to connect to friends and family.



Participating in intergenerational opportunities to support youth, such as mentoring or tutoring programs.



Taking educational courses at a senior center, local college or university or participating in health and wellness classes in the community.





