



AS WE AGE, FEELING CONNECTED + PURPOSE IN LIFE = BETTER BRAIN HEALTH



Experts agree...

Keeping and building relationships over your lifetime can help to keep your thinking sharp



HERE'S WHAT YOU CAN DO...



Join a group



Get a pet



Teach someone something



Volunteer or help others



Use technology to stay connected



Share a smile!

Global Council on
Brain HealthSM
A COLLABORATIVE FROM **AARP**

The Brain and Social Connectedness:
GCBH Recommendations on Social Engagement and Brain Health;
www.GlobalCouncilonBrainHealth.org
Contact: GCBH@aarp.org
For more brain health info see www.stayingsharp.org. For more ideas to help you engage socially see www.connect2affect.org
DOI: <https://doi.org/10.26419/pia.00015.002>