

# ENGAGE IN SOCIALLY COURAGEOUS AGING.

You're getting older. Everyone is. That's okay. No matter what **age** you are, if you're choosing to be a **Courageous Ager**, you're just getting started! While there are many things to be considered in the healthy aging process, never underestimate the importance of social **engagement** and its ability to benefit all other components of aging. Research shows that having strong interpersonal relationships leads to a longer healthier life compared to those who have very limited social interaction.\*

Socially **Courageous Aging** helps you wake up with a sense of purpose and zest for life.

1.



**Courageous Ager**s make plans to socialize. They mark their calendar for visits with family and friends, senior center attendance and volunteer work.

2.



**Courageous Ager**s take time to talk and listen with loved ones. When these tasks become difficult due to changes in the body, **Courageous Ager**s use assistive living devices to help them maintain a high quality of life.

3.



Spending time with children and soaking in the sun are two great ways for **Courageous Ager**s to keep their spirits up in spite of any other issues, health or otherwise.

4.



The act of eating with others is inherently social. Food is an occasion for distributing, giving and sharing. It also helps promote better nutrition, which is vital for **Courageous Ager**s.

5.



**Courageous Ager**s give friendly hugs. Research has shown that friendly platonic touching from friends and family can lower stress and promote feelings of well-being.

6.



\*All facts taken from the article "Healthy Aging: What Role Does Socialization Play" by Carolina Moore