189 words (not including name and agency)

The Wisconsin Coalition for Social Connection celebrates Social Connection Awareness Week each November to shine a light on the power of connection. Relationships that give you a feeling of belonging, being cared for, and support can lower the risk of heart disease, stroke, dementia, depression, and anxiety. They also help us manage stress, build healthy habits, and even sleep better! Strong connections strengthen entire communities by building trust, reducing loneliness, and creating networks of care.

Loneliness touches us all at times, but for many older adults and people with disabilities, loneliness and isolation can be a daily reality with serious effects on health and well-being. Social connection, on the other hand, is a powerful medicine.

So, what can we do? Start small: call a friend, stop by a neighbor’s home, set up a video chat, or invite someone to join you for a walk or coffee. Offer help with groceries, a project, or snow shoveling. Every act of connection benefits both you and the people around you. When we connect close to home we strengthen the fabric of our entire community.

Take your next step towards connection at <ConnectWI.org>.

YOUR NAME

YOUR AGENCY