

MAY 2021



HelpNet webinar

HEALTHY CONNECTIONS

Studies have shown that those who feel a sense of connection to others and their communities are likely to live longer, happier and healthier lives. Though we may be more “connected” than ever through technology, the amount of real, quality interactions is dwindling. Identify some small, sustainable changes to help improve your sense of connection and potentially your overall well-being.

AVAILABLE ON DEMAND STARTING MAY 1

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