

Community Health Seminar Series

Social Connection: The Key to Aging Well

How the lack of social connection increases the likelihood of dementia, anxiety, high blood pressure and more, and how you can take control of your health as you age

You're Invited...

According to Medicare Advantage, isolation among older adults is one of the biggest threats to the health of America's seniors, while it remains among the most difficult to recognize. It's a health risk not often discussed, but at least a quarter of adults over 65 live with it. And its devastating effects can be felt physically, mentally and emotionally.

There are many factors that determine our overall health, including genetics, access to healthcare, and social factors. In this seminar, we will define the *Social* Determinants of Health, with a focus on isolation and loneliness, why this term has become a buzzword in medical circles, and why they're vitally important to your health as you age.

The lecture will feature remarks from two esteemed speakers, followed by a Question & Answer session. It is appropriate for family members or caregivers of seniors, as well as individuals who want to learn about tools to empower themselves to age well.

Featured Speakers

Joe O'Hehir, CEO
Whistlestop

Lisa Santora MD, Deputy Health Officer
Marin Department of Health and Human Services

About Our Community Health Seminar Series

Marin Healthcare District's Community Health Seminar Series offers periodic educational forums for the Marin community on relevant health-related issues.



MONDAY, OCTOBER 14
6:30 pm

Community Room
at Jason's Restaurant
300 Drakes Landing Road
Greenbrae, CA

This FREE event
is open to the all.
RSVP is not required.