



Join us for this free special event series!

Connecting CT

CONVERSATIONS

***Social connection is the foundation
of our mental & physical health.***

Together, let's kickstart the conversation on the importance of social health & the detrimental health impacts of loneliness.

***HEAR FROM A PANEL OF RESIDENTS & EXPERTS
IN THE FIELD (40 MIN.)***

***JOIN FELLOW ATTENDEES IN A FACILITATED,
ENGAGING CONVERSATION (40 MIN.)***

**You'll leave inspired to improve your social health &
help others do the same.**

2/21 (2:30-4 pm) - Sullivan Sr. Ctr., Torrington

2/28 (4:40-6 pm) - Univ. of St. Joseph, WH

3/13 (3:30-5 pm) - Otis Library, Norwich

3/22 (2:30-4 pm) - Southern CT State U., New Haven

4/10 (4:30-6 pm) - Danbury Public Library

4/24 (3:30-5 pm) - Trumbull Main Library

Attendance is limited.



**Save your spot today at
endlonelinessCT.org.**

Sponsored in part by WellSpark Health.

