LIFESTYLE TIP OF THE MONTH - November 2022



Social relationships and Longeivity



Positive Social interactions can impact the quality of life.



Social connections to others have powerful influences on <u>health</u> and <u>longevity.</u>



Stress of isolation can weaken people's immune systems, making them more susceptible to infection.



-Harvard based study concluded that having social connections is an important predictor of happiness and longevity



So make good friends and Live long & healthy life