

LIFESTYLE TIP OF THE MONTH - June 2023



IMPACT OF LONELINESS



A 2022 study found that only 39% of US adults said that they felt very emotionally close to other people"



"Loneliness is more widespread than smoking (12.5% of U.S. adults), Diabetes (14.7%), obesity (41.9%)."



"Loneliness increases risk for premature death."

Be around people and make friends!

