

VAN FORUM

An antidote for loneliness and isolation: Social Connections

“Socializing should be as much a part of your everyday life as exercise and good nutrition.”

— Harvard Medical School

The consequences of loneliness have been the subject of considerable research in recent years. The research has helped us better understand just how devastating an impact it has on our mental, emotional and physical health. It can creep into our lives as we age, and ravage the very foundation of our health. Singled out among other maladies associated with aging, loneliness has been declared a significant “silent killer” among older adults.

Join us for this engaging forum to explore the importance of social connections and define steps that you might take to lessen the effects of loneliness in your own life or in others around you.

Thursday, January 25, 2018

1:00 to 2:30 PM

Ramsey County Library - Roseville

2180 Hamline Ave N

Roseville, MN 55113 [[map](#)]

Bruce McBeath, Ph.D,
licensed psychologist who
writes, speaks and consults
with organizations about the
psychology of aging, with
clinical practices in St. Paul and
Red Wing, MN

James Falvey,
executive director of Little
Brothers - Friends of the Elderly
and a leading thinker in the
Twin Cities on the topic of
fostering social connection at
the community level.

Free and open to everyone

[Register now](#)

or visit vital-aging-network.org



Vital Aging Network

Questions? Call VAN at 651-917-4652.

www.vital-aging-network.org

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