

# ZENA BAUM CONNECT *to* WELLNESS

## A WORKSHOP ABOUT SOCIAL ISOLATION AND AGEISM

Sunday, January 13th | TIME: 2:00PM

Main Branch of the Detroit Public Library

5201 Woodward Avenue, Detroit, MI 48202

\*\* Refreshments will be served.

\*\* Parking is in the staff lot off of Putnam, which is one-way from Cass. Entrance is through the public door on Woodward or Cass.

## SOCIAL ISOLATION AND AGEISM

Many people don't realize the impact social isolation and ageism have on their health and well-being.

Social isolation has the equivalent impact on health as smoking 15 cigarettes a day. Ageism creates unnecessary barriers to resources and opportunities important to well-being. While maintaining wellness and quality of life while you age is vitally important, these connections to important people and places can be difficult to maintain. This workshop is designed for those who'd like to find out more about:

- The risks of social isolation
- The benefits of connection
- The ways ageism can limit one's well-being
- And the resources and programs available to help.

Please RSVP no later than **Saturday, January 12th**  
313.833.1300 X38 or [msmith@hannan.org](mailto:msmith@hannan.org)



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