



# Socializing Promotes Healthy Aging

People need people! Give your brain a workout with this month's puzzle, which contains 20 ways spending time with others contributes to senior health.



- ACTIVITY
- ATTITUDE
- BLOOD PRESSURE
- BRAIN HEALTH
- COGNITION
- EXERCISE
- HAPPINESS
- HEART HEALTH
- IMMUNE SYSTEM
- INDEPENDENCE
- MEMORY
- MOOD BOOST
- MOTIVATION
- NUTRITION
- PAIN RELIEF
- PERSPECTIVE
- PURPOSE
- RELATIONSHIPS
- SLEEP
- STRESS CONTROL