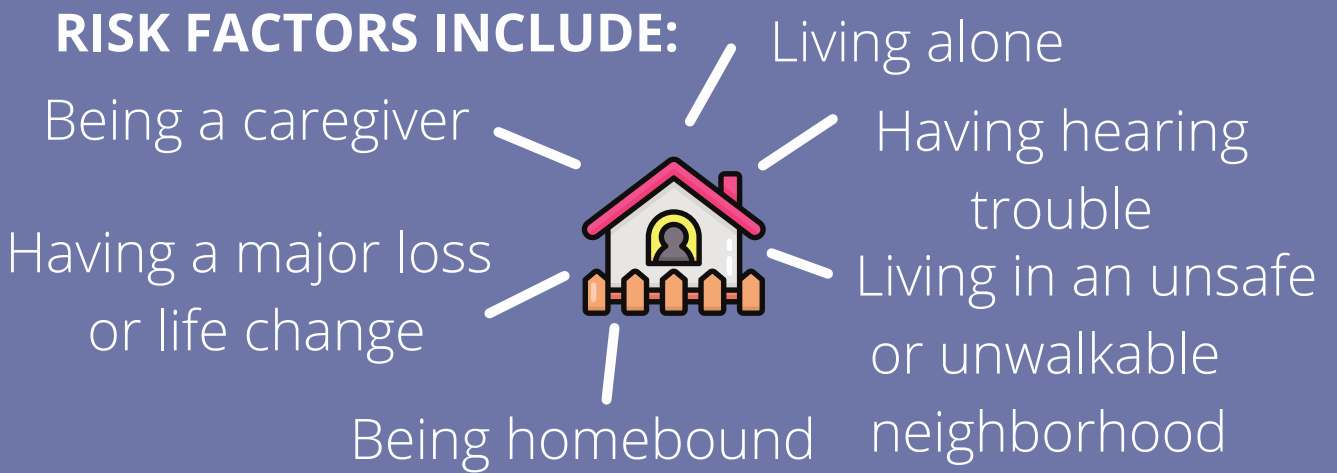


LET'S TALK ABOUT

Loneliness and Social Isolation

Could you or someone you know be at risk?

RISK FACTORS INCLUDE:



Loneliness and social isolation can lead to serious health problems such as:

- Heart disease
- Depression
- Cognitive decline

TALK TO YOUR DOCTOR

If you are feeling lonely or isolated



STAY CONNECTED

To protect against the harmful effects of social isolation and loneliness

Monona Senior Center can help

we offer a variety of programs and activities

Games
Talks, workshop & lectures
Adult coloring
Nature walks
Exercise classes
Wellness support

And more!



Contact us:

(608) 222-3415
1011 Nichols Road
Monona, WI 53716

HOURS: MONDAY-FRIDAY
8:30 a.m. - 4:30 p.m.

Visit our website:
mymonona.com/251/Senior-Center