



FIVE TO THRIVE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASE AND THRIVE?

Visit the **Five to Thrive** [website](#) for more on healthy lifestyle habits!



CONNECT WITH COMMUNITY

5 WAYS TO CONNECT

STAYING CONNECTED WITH FRIENDS, FAMILY AND YOUR COMMUNITY HELPS YOU TO STAY HEALTHY AND HAPPY. STAYING CONNECTED IS A REGULAR PRACTICE LIKE ALL HEALTHY HABITS

1. SCHEDULE IN A TIME TO CONNECT THIS WEEK!

Start small - schedule in a time every week to call, FaceTime, Zoom even go for a walk with someone you have not seen for a while.



2. VOLUNTEER!

Volunteering is a great way to connect with others, meet new people and make a difference. Jamatkhana, hospitals, libraries, schools, parks... there are many places that could use your help!

3. SAY HELLO TO A NEIGHBOUR AND START A CONVERSATION

Get to know the people in your neighbourhood. Start a conversation during your walk or join the neighbourhood association.

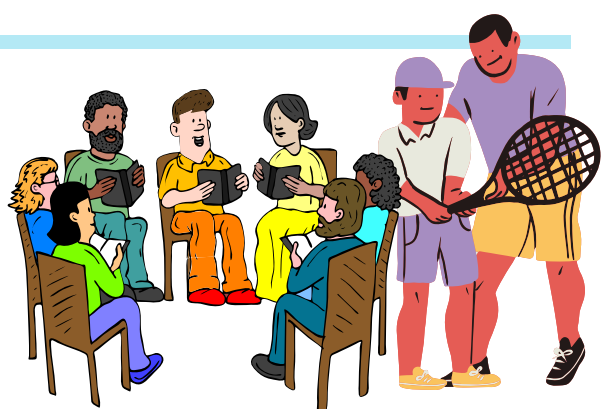


4. GET TO KNOW A NEW PERSON EACH TIME YOU GO TO JAMATKHANA

Jamatkhana is a great place to meet new people and make new friends!

5. JOIN A (VIRTUAL) CLUB OR CREATE ONE!

Joining a club helps you connect with people who like the same things you do. Think about a walking club, gardening club, cooking club, knitting club, book club, tennis club... The possibilities are endless!



STAYING CONNECTED CAN REDUCE HOW MUCH PAIN YOU FEEL, IMPROVE YOUR MOOD, HELP WITH HOW WELL YOU RECOVER FROM AN ILLNESS AND MORE!
TAKING TIME TO CONNECTING WITH YOUR COMMUNITY IS AN INVESTMENT IN YOUR HEALTH!