

HP Living Well Community/ MMHG Wellness Webinar

The Power of Social Connection as We Age

September 23, 2026

1-1:30 p.m

Attend this FREE webinar from your computer, tablet, or smartphone!



Loneliness is one of the most overlooked health risks of aging. This session explores how social isolation impacts physical and cognitive health, the difference between being alone and feeling lonely, and practical strategies for building and maintaining meaningful connections throughout every stage of life.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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