



ASHTON GROVE

HIGHGROVE
AT TATES CREEK

The Importance of Social Connection

Tuesday, March 10

10 -11 a.m. Presentation • 11-11:30 a.m. Q&A Session

Embassy Suites | 1801 Newtown Pike, Lexington, Ky.



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Certified Dementia Specialist

Friends move away, or pass on; work associations drift after retirement; mobility or health issues can make it more difficult to arrange get-togethers. Feelings of loneliness and isolation can set in pretty quickly. In fact, with the senior population growing, more aging Americans than ever before are reporting episodes of loneliness, with an astonishing 43% of those living by themselves expressing feelings of severe isolation. The issue here for seniors living on their own isn't only emotional (although that aspect is huge); geriatric healthcare experts point to significant and potentially serious health problems that can result from elder isolation, including links to cognitive decline and heart disease.

If you would like to learn more about the significant health benefits of an active lifestyle while staying socially connected come join us!

RSVP, seating is limited, 502-777-2799



Written information relating to this community's services and policies is available upon request. KRS 216.595 (1)(a)(b)

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