

Healthy Aging Article – February  
Why Relationships are the Secret to Healthy Aging



Social connectedness is essential for health and wellbeing at any age, and it may be especially important for promoting health later in life.

The following are positive health benefits:

1. Disease Prevention
2. Lower rates of anxiety
3. Stronger immune system
4. Improved cognitive function

Get healthy and socially connected with others in our Fit and Fall Proof™ classes. To learn more about our Fit and Fall Proof™ classes and locations contact Timalee at (208) 533-3149 or visit [Fit and Fall Proof | Eastern Idaho Public Health](#)

Fit and Fall Proof™ is a free exercise-based fall prevention program for older adults. Join us and regain the confidence to move and make friendships along the way.

[Cite:](#)

Fitbit Health Solutions. *The value of Social Connectedness for Older Adults.* 22.July.2021, <https://www.irt.org.au/the-good-life/importance-of-social-connections-for-seniors/>