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## [Expand Your Circles: Prevent Isolation and Loneliness As You Age](#)

As we age, circumstances in our lives often change. We retire from a job, friends move away or health issues convince us to eliminate or restrict driving. When changes like these occur, we may not fully realize how they will affect our ability to stay connected and engaged and how much they can impact our overall health and well-being.

We need social connection to thrive—no matter our age—but recent research shows that the negative health consequences of chronic isolation and loneliness may be especially harmful for older adults. The good news is that with greater awareness, we can take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us. [Expand Your Circles: Prevent Isolation and Loneliness As You Age](#) provides resources and strategies for keeping your social network vibrant!