



Strong Roots. Strong You.



This August, focus on the connections that support you.

The people, routines, and support systems in your life shape how you feel and how you get through hard days. From caregiving to community, your daily connections matter more than you may realize.

Through LifeSpeak, you can access expert-led content and tools to support you in your relationships.

Get started with featured content:



**Making Meaningful
Connections: Tips for
Lifelong Friendships**



**How to make connections
and reduce loneliness**



**The importance of social
networks and connections
as you age**

You don't have to figure it out alone.

Log in to your LifeSpeak account to explore available content and resources.



Download the app
on the App Store or
Google Play

portal.lifespeak.com
support@lifespeak.com