

Subject Line: See what your friends can do for you.

Preheader text: Check out the next webinar.



Good friends can be good for your health.

Healthy friendships can:¹

- **Elevate your mood.** Associating with positive people can boost your outlook.
- **Help you reach your goals.** A supportive friend can increase your willpower.
- **Reduce stress and depression.** Staying in touch with friends reduces isolation.
- **Get you through tough times.** A friend's support can help you cope.
- **Boost your self-worth.** Helping others provides a sense of purpose.

Having solid relationships can lead to better health.
Join our webinar to learn more.



Social connections - September 15, 2020

9:00 AM CT | 11:30 AM CT | 3:30 PM CT

Balancing screen time can be difficult. Learn how to make meaningful social connections and friendships, on and offline.

Register now

Have questions? Just give us a call at 1-888-741-3390 from 8:00 AM through 8:00 PM, CT, Monday through Friday.

1. Help Guide, "Making Good Friends", Lawrence Robinson, Anne Artley, Melinda Smith, M.A., and Jeanne Segal, Ph.D., June 2019, <https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>

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