

STRONGER Together

Building a more connected community

Social Media Posts

Copy and share these sample posts on social media to increase awareness of the power of social connection.

Use the hashtag **#StrongerTogether** to increase your impact.

Download Images:

watertownhealthfoundation.com/SocialMediaImages
or click on image.

Did you know isolation and loneliness are connected to our physical and mental health? Social connection is vital to our wellbeing, says U.S. Surgeon General Dr. Vivek Murthy. #StrongerTogether

Link to video: <https://www.youtube.com/watch?v=B8pa506BFk4&t=3s>

Adults 75 and older are most likely to lack needed social connection. A lack of regular interaction with others can affect your health and well-being. Explore activities you can do to stay connected, from the National Institute on Aging: <http://bit.ly/3qiBQ4J> #StrongerTogether

Many people are surprised to learn that younger generations report more loneliness. Human beings are wired for connection—we need it for health and happiness. Learn how you can join the community movement for socially connected communities here: StrongerTogetherWI.com #StrongerTogether



Feeling lonely can be bad for your health. The good news is that you can help reduce your risk! Find tips for staying connected with friends and family here: <http://bit.ly/3jGTUmK> #StrongerTogether

Take the pledge! Together we can build a movement of connectedness, growing individuals, families and communities that are stronger, more resilient, healthier and happier. #StrongerTogether



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Loneliness and social isolation have been associated with higher rates of depression, a weakened immune system, heart disease, and dementia. Learn about our community movement to strengthen connectedness. #StrongerTogether

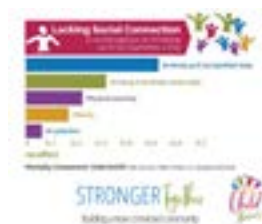
Link to your web resources, or to the Foundation's page on Community Connectedness here: StrongerTogetherWI.com



Human beings are wired for connection. From infants to seniors, we all need people, places and purpose to be healthy, resilient and strong. Learn how you can join the community movement to support connection in Dodge and Jefferson Counties StrongerTogetherWI.com #StrongerTogether



Lacking social connection is as dangerous to your health as smoking. The good news? We can all make a difference for our families, friends and ourselves. Learn more here. [insert your website link or link to StrongerTogetherWI.com] #StrongerTogether



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Connection is essential to our wellbeing. Learn more about our community-wide movement to build stronger, more connected communities at StrongerTogetherWI.com #StrongerTogether.



Connection is vital to our health and wellbeing. We can take simple steps each day to strengthen our social connectedness and thrive. #StrongerTogether



Our relationships are central to our health and wellbeing. You can nurture your social connections by giving the gift of your full attention. #StrongerTogether



Building our social connectedness muscle starts with the most important relationship in your life... the one you have with yourself. The U.S. Surgeon General offers great advice on learning to embrace solitude in a positive way. #StrongerTogether



STRONGER *Together*

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Giving and receiving help both strengthen essential social bonds. Relationships are key to our physical and mental health. Stronger connections at work, school, home and play make for a more resilient, thriving, and healthy community. #StrongerTogether

