

SOCIABILITY IN A COVID ERA

SOCIAL CONNECTIONS AND OUR DANCE

Why is it important to have social connections?

- **Social connection improves physical health and mental and emotional well-being.**

What's the biggest health issue in America today?

- **The effects that come from feeling lonely and socially disconnected.**

What are the health benefits of social connectivity?

- **Strong social connections lead to a 50% increased chance of longevity.**

**-Dr. Vivek Murthy,
former U.S. Surgeon General**

Dancing is brain food

- **People who dance frequently have a 75% lower chance of dementia.**

▀ **New England Journal of Medicine**

Dancing is interval training

- **Regular dancing cuts chances of dying of heart disease by 46%.**

**-American Journal of Preventive
Medicine -June 2016**

Human beings are inherently social creatures

- **Social groups provide us with an important part of our identity and teach us skills that help us to live our lives.**

Belonging is a human emotional need

- **Belongingness is being an accepted member of a group, a part of something greater than ourselves.**

Social Connections

- **Essential to nearly every aspect of health and well-being.**

Connections go beyond the individual level

- **Connectedness has profound benefits for both individuals and for society.**

What's the most important factor for happiness?

- **“The best predictor of happiness (and often health), is the quantity and quality of a person’s social ties.”** -Christine Carter

Can we improve physical and mental health in our communities?

- **Our dance activity can help foster and build connections with the people all around us**



