

NAVIGATING LONELINESS AS WE AGE

Tuesday, November 24th | 1:30 pm - 2:30 pm



Loneliness and social isolation can become more common with age and may affect emotional well-being, physical health, and quality of life. This class explores the difference between being alone and feeling lonely, common risk factors, and practical ways to strengthen social connections, build a sense of belonging, and stay meaningfully engaged.



OASIS Senior Center

801 Narcissus Ave, Corona Del Mar, CA 92625



Call (949) 644-3244 to RSVP



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MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org