## Building Bridges: The Power of Human Connection in an Era of Social Isolation

May 6, 2025 10:00 am - 4:00 pm

Great River Regional Library 1300 W St. Germain Street St. Cloud, MN 56301



This summit will address the growing issues of social isolation and loneliness in a time where people feel more disconnected than ever before. Explore the impact it has on individuals and communities and learn practical solutions to create meaningful engagement. Dr. Jeremy Holloway, Professor of Health Equity, Social Connection, and Resiliency at New Mexico Highlands University, is keynote speaker.

## Goals of the summit:

- Raise awareness about social isolation and its impact on all age groups, with a focus on older adults.
- Equip participants with tools and strategies to promote effective engagement and reduce loneliness.
- Showcase innovations that have successfully built bridges and strengthened communities.
- Inspire cross-sector collaboration to address social isolation through communitybased solutions.

## This free event includes lunch with registration by April 29th.

For event information contact: <u>natalie.matthewson@cmcoa.org</u>





https://tinyurl.com/Build-Bridges





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