



5 Ways to Stay Connected

With so many social media channels and mobile apps, you'd think staying connected would take care of itself. But not so fast. Consider these tips to foster and nurture relationships, and keep it real:

- 1. Invite friends over, just because**—Take a break from back-lit text and Snapchat filters to enjoy the spontaneity of hanging out with people who make you smile.
- 2. Write a letter—signed, sealed, delivered**—Taking the time to express yourself in writing allows you to slow down and pack some extra thought into a keepsake for the ages.
- 3. Join a club or rec league**—Participating in a group hobby or playing on a team is a great way to expand your social circle and unleash more of your talents.
- 4. Learn something new**—Check out what classes are available. Before you know it, you'll be whipping up four-course meals or bonding over topographic trail maps.
- 5. Give time, collect dividends**—Find local organizations that depend on community volunteers. You'll make friends and reap the rewards of making a difference.

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