



According to the National Institute on Aging, the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. Social isolation and loneliness have even been estimated to shorten a person's life span by as many as 15 years.

Positive social habits can help you build support systems and stay healthier mentally and physically. Get tips for connecting with others:

<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist-2.pdf>

Join our Summer Social on Thursday, July 13 from 1-1:15 p.m. CT

Honor Social Wellness Month by taking a break with fellow Tennessee State Government employees to connect and celebrate the season.

[Download calendar invite](#)

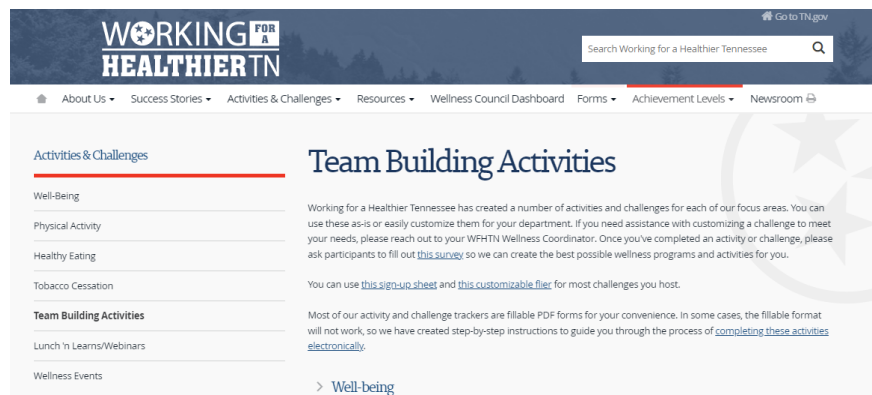
Access all upcoming activities:

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Can't attend a live event? Check out these on-demand options:

<https://www.tn.gov/wfhtn/resources/video-library.html>

Spotlight on Team Building



The Working for a Healthier Tennessee team has created several team building activities. You can use these as written or easily customize them for your team. If you need assistance with customizing an activity, please reach out to WFHT.TN@tn.gov.

<https://www.tn.gov/wfhtn/challenges/team-building-activities.html>

Recipe Spotlight



Cool down with this nutrient-packed **Groovy Peach Pear Smoothie**.

Pears are a powerhouse fruit, packing fiber, vitamins and beneficial plant compounds. These nutrients can help fight inflammation, promote gut and heart health, protect against certain diseases and even aid weight loss.

<https://www.tn.gov/wfhtn/resources/recipes/smoothies/groovy-peach-pear-smoothie.html>



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