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## **Expand Your Circles - Prevent Isolation and Loneliness As You Age**

The National Association of Area Agencies on Aging (n4a) and Eldercare Locator are bringing attention to the growing health threats of social isolation and loneliness in older adults. A brochure was created which outlines the risks, includes an assessment to determine your level of becoming socially isolated and provides steps to consider to stay connected.

To see Eldercare Locator's educational and helpful brochure, follow [this link](#).

Article Source

National Association of Area Agencies on Aging

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<https://www.n4a.org/>

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