

## Mornings on the Farm

May 18, 2022 to Aug. 24, 2022  
E/O Wednesday 10:00am – 11:00am  
For Ages 45-65

### Women's Group



### Benefits of Social Support

\*Social support can have a positive impact on your mood and body, especially when going through stressful tasks or situations. Studies have found that social support can reduce your blood pressure while undergoing stressful tasks and boost your immune system.

\*The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

\*Improving the ability to cope with stressful situations.; Alleviating the effects of emotional distress.; Promoting lifelong good mental health.; Enhancing self-esteem.

\*Developing various positive sources of social support also can reduce stress, ward off anxiety and depression, and reduce the risk of some physical health concerns.

This is a closed group format meaning no new members throughout the eight weeks. This will help with building social bonds and offer more group cohesion.

For more information, please contact  
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