



Take the For All Ages FLOURISH CHALLENGE

BECOME A SOCIAL HEALTH CHAMPION

 *Find a
Local coffee, lunch, or ice cream shop and
mark a table for conversation.*

Download & print our 'Sit Here for Conversation' card, or make your own.
Ask the owner to support social connection in your community.



 *Offer to help a neighbor and
Uplift their spirit.*

Whether with a chore or a social visit, you are sure to make an impact.



 *Reach out for an
Intergenerational conversation.*

Call or visit a family member of another generation for an engaging conversation. Talk about music, food, or reminisce together.

 *Sign up for our newsletter & follow us on social.*

Visit our website to sign up. Find us on FB and IG @forallagesorg.

 *Have fun with the Oreo stacking challenge and/
or help advance our mission with a donation.*

Gather with family or friends and see how many Oreos you can stack. Share your attempt on social media with the hashtag #faaoreochallenge.

