Connect: It’s good for your health!

Social connections are a sense of belonging to others and to a neighborhood or community. Neighborhoods with places to gather and positive activities strengthen a sense of belonging and trust.

Social connections help...

**Mental health.**
Being part of a group or community helps you survive in tough times.

**Physical health.**
Communities with activities and places to gather reduce isolation, obesity, hypertension and diabetes among residents.

**Longevity.**
You are 50% less likely to die in the next year if you belong to a group.

**Community recovery after emergencies.**

Here’s what you can do:

- Get to know your neighbors. Share emergency plans with them. Eat together. Offer to help one another.
- Develop and keep at least three close relationships – people you can count on for help—like a ride to the doctor or childcare.
- Talk face to face rather than over social media or the phone when you can.
- Get involved in a cause that’s important to you.
- Join a club, team or group where you live, learn, work or play.

For more information contact Marcy Boulet at (253) 576-9582 or mboulet@tpchd.org.
A few places you can connect across Pierce County

We’ve highlighted just a few places in each of our Communities of Focus where you can connect with others!

East Tacoma

• Swan Creek Park—3997 E. Roosevelt Ave., Tacoma, WA 98404, www.metroparkstacoma.org/swan-creek-park
• Verlo Playfield—4321 McKinley Ave. E., Tacoma, WA 98404, www.metroparkstacoma.org/verlo-playfield

Key Peninsula

• Key Peninsula Civic Center—17010 S. Vaughn Road KPN, Vaughn, WA 98394, (253) 884-3456, www.kpciviccenter.org
• Red Barn—15921 84th St. KPN, Lakebay, WA 98349, (253) 884-1594, www.redbarnkp.org
• Key Peninsula Library—8905 Key Peninsula Hwy N., Lakebay, WA 98349, (253) 548-3309, www.piercecountylibrary.org

Springbrook/Tillicum

• Centerforce—5204 Solberg Dr. S.W., Lakewood, WA 98499, (253) 584-1001, www.centerforce.net
• Springbrook Park—12601 Addison St. S.W., Lakewood, WA 98499, www.cityoflakewood.us/springbrook-park
• Harry Todd Park—8928 N. Thorne Lane S.W., Lakewood, WA 98492, (253) 983-7887, www.cityoflakewood.us/harry-todd-park

Parkland/Spanaway

• Pacific Lutheran University—12180 Park Ave S., Tacoma, WA 98447, (253) 535-7411, www.plu.edu
• Sprinker Recreation Center—14824 C St. S., Tacoma, WA 98444, (253) 798-4000, www.co.pierce.wa.us/1310/Sprinker-Recreation-Center

South Tacoma

• Asia Pacific Cultural Center—4851 S Tacoma Way, Tacoma, WA 98409, (253) 383-3900, www.asiapacificculturalcenter.org
• Wapato Park—6500 S. Sheridan Ave., Tacoma, WA 98408, (253) 305-1000
• Tacoma Mall—4502 S. Steele St, Tacoma, WA 98409, www.simon/com/mall/tacoma-mall

White River/Buckley

• Buckley Foothills Rails to Trails (trailhead)—P.O. Box 192, Puyallup, WA 98371-0021, www.piercecountytrails.org/trail-maps/buckley-trail
• Prairie Ridge Recreation Hall—14205 215th Ave. E., Bonney Lake, WA 98391, (360) 897-8378
• Buckley Multipurpose Center—811 Main St., Buckley, WA 98321, (360) 829-1921, www.cityofbuckley.com