



Hobby Hands and Healing Hearts

Mondays, January 23 - March 13, 2023

1:00-3:00 pm

An 8-week program for adults 60+ that are feeling
isolated or grieving.

Make new connections, learn evidence-based
coping skills, and experience new hobbies.



Join us for

Social Connection ~ Stress free environment ~

Isolation and Grief Support ~ New hobbies ~ Delicious refreshments

Where:

Trinity Lutheran Church, Room 208
1314 E Lexington Blvd
Eau Claire, Wi 54701

To register or for more information:

Contact the Aging and Disability
Resource Center

Call: 715-839-4735 or 888-338-4636

Email: adrc@eauclairecounty.gov

Limited Registration Available

Studies show:

- 24% of all community dwelling adults over 65 are considered socially isolated, but 43% report feeling lonely
- These rates have increased through the pandemic to 68%, in all US adults
- Grief is a response to loss of a loved one through death and from loss of safety, identity, autonomy, and dreams or expectations
- Prolonged grief and loneliness increases risk for cognitive decline, depression, chronic health conditions, and suicide
- Connection supports memory and physical health
- Engagement in art fosters overall wellbeing