



# INSPIRING PEOPLE TO GET CONNECTED WITH FAMILY, FRIENDS, NEIGHBOURS AND COLLEAGUES ON SEPTEMBER 20<sup>TH</sup>, 21<sup>ST</sup> AND 22<sup>ND</sup>.

## OUR MISSION

The GenWell Project is a human connection movement whose purpose is to encourage each of us to spend more time connecting face-to-face with our family, friends, neighbours and colleagues.

Making the time for more face-to-face connections can help all of us deal with how fast paced, distracted and challenging life can be these days. Increased human connection means we'll be healthier and happier, now and in the future.

## WHY CONNECT?

- **IT'S FUN** whether you get together with family, friends, neighbours or colleagues we know that connecting is fun and leads to other opportunities to get connected
- **IT'S GOOD FOR YOU** face-to-face connections improve our mental and physical health
- **IT'S FREE** you don't need to pay or raise any money
- **BE HAPPIER** social interactions have a direct impact on self-esteem and happiness
- **LIVE LONGER** research shows that social connections reduce anxiety, depression and improve our immune systems

## HOW TO GET INVOLVED

1. Head on over to [www.GenWellProject.org](http://www.GenWellProject.org) to tell us how you plan to get connected on GenWell Weekend, September 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>.
2. Check out the tools, tips and ideas on the fun things you can do when you get connected face-to-face.
3. Have fun getting connected with family, friends, neighbours and colleagues on September 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> and help us spread our message using the hashtag **#GenWellProject** as we inspire others to get connected as well!