



The Importance of Social Connections

PRESENTED BY KARLA PATRICK, RN, BSN AND
HELLO4HEALTH BY ALLINA HEALTH

THURSDAY, JUNE 6 | 11 A.M. - 12 P.M.

Walker Methodist Levande Senior Living

Everyone knows that being physically active can help you stay healthy. But did you know that staying socially active is also good for your health?

Join us to learn why being socially connected is just as important as eating healthy food and exercising. We'll share engaging activities and resources that will help you make social connections, and have time for you to ask questions.



Karla Patrick RN, BSN is the Community Health Improvement Specialist and Wellness Coordinator at Cambridge Medical Center, part of Allina Health. Karla is a graduate of Bethel University in St. Paul, Minnesota with a Bachelor's Degree in Nursing. For the past 30 years she has worked in various roles at Cambridge Medical Center including bedside Nursing, Education, and Learning & Development Specialist. Karla is passionate about helping others become the healthiest version of themselves through whole person care. Outside of work you will find her enjoying life with her husband and 3 adult children, traveling, gardening, and hiking.

RSVPs Appreciated: 763.325.0100

For information on Independent Senior Living, Assisted Living, or Memory Care:
Contact Victoria at 763-325-0100 or vsvoboda@walkermethodist.org

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