



April 2-8

The demands of a fast-paced, information-driven life can make it necessary to plan time to connect with friends. Use this challenge to help boost your social connections!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Check off each activity completed		2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Connect with your neighbor	✓							
Phone a friend	✓							
Attend social/community event	✓							
Take a colleague/friend to coffee	✓							
Workout/walk with a friend	✓							
Strike up a conversation with a stranger	✓							
BONUS! Create your own social goal	✓							
Goal:								

Questions? Contact Katie Alkema at kalkema@holtynhpc.com or 269.290.5167

