

Social Support

The importance of socialization

Thursday, October 24

3-4:30 p.m.

OSF HealthCare Heart of Mary Medical Center | Auditorium C

Presented by: Dr. Alina Paul, OSF Medical Group -- Family Medicine

She will address the physical and emotional benefits of staying socially connected.

Did you know that people who are socially connected tend to live longer? That, along with regular exercise and enough sleep, may help prevent illness, too.

Join Dr. Paul for an interactive discussion on the benefits of social interaction (and she plays guitar and sings as well).

Please RSVP to (217) 337-2022 by October 18.

Dr. Paul's philosophy of care: "Good health starts at the level of the family. Building healthy families leads to better mental and physical health in the community. I want patients to know I treat them first as an individual, not just their disease or medical issue." When not working, she enjoys singing, learning new languages, reading and volunteering at a local free clinic.

