

4. Going in circles is good.



You may live longer, enjoy better physical and mental health, and lower your risk of dementia.

Neuroscientists agree that socializing is necessary for brain health. People who connect with others are less likely to develop dementia than those who are isolated.

Socializing is associated with a stronger immune system, especially for older adults. You will be better able to fight off colds, the flu, and even some types of cancer.