

ON-DEMAND WEBINAR

Understanding Loneliness: Why it Matters & What We Can Do



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Objectives

1. Become aware of the prevalence of loneliness.
2. Understand the psychological and physiological effects of loneliness.
3. Recognize personal and social factors that contribute to loneliness.
4. Identify strategies for combating loneliness on a personal level.
5. Understand the role of community and societal interventions in tackling loneliness.



Includes:

- 2 hours of Continuing Education
- On-Demand Access for at Least a Year
- Certificate of Completion
- PDF handouts to view or print



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