

# The Benefits of Lifelong Learning



As you age, it's equally as important for your physical and mental wellness to continue challenging your mind as it is to stay active. The benefits of continued learning, whether you are taking a class or learning a new skill, range from increased mental health to higher social engagement. Read more below about how lifelong learning can help you age well.



## 1. Make new friends

Staying social has a multitude of benefits as we age including reducing stress, lowering blood pressure and even increasing longevity. Signing up for a new class or activity is a great way to meet new people and build new friendships while learning something new.

## 2. Improve memory

Learning a new skill has been shown to improve memory and may even reduce your risk of Alzheimer's. A study done in 2019 revealed that seniors taking numerous classes to learn new skills showed significant increase in cognitive functions.

## 3. Healthy mind, healthy body

A healthy mind is connected to a healthy body and it's important to exercise both. Solving a word puzzle or trying a new activity can boost your mood and your self esteem and lead to enhanced physical and mental wellness.

## 4. Learn something new

Learning something new can be fun and useful. Maybe you want to learn about new technology to keep up with your grandkids or learn about gardening so you can grow your own food. There's always something new to explore.

## 5. Have fun!

Retirement offers the valuable chance to try things that you may not have been able to try before. It might seem scary at first but the knowledge you gain, the skills you learn and the friends you make along the way will be worth it!

**Contact The Pines at Davidson to learn more about our Learning in Retirement program or other activities at our life plan community.**



Call 877-308-8101 or visit: <https://www.thepinesatdavidson.org>