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## LUNCH & LEARN

Healing Together: Building Social Connection to Reduce Loneliness in Rural Adults

November 12, 2026 | 12 - 1:15 p.m.



Most people rely on relationships and cooperation to help them survive and to support the growth of communities. Research shows that feeling socially isolated or lonely can greatly increase the risk of early death—even more than well-known health factors like smoking or lack of exercise. At the same time, it's not just having relationships that matters, but the quality of those relationships.

In this brief session, we will discuss (a) the research behind relationships and health, (b) how relationships impact our health, and (c) how we can use this information to improve relationships and build community capacity for social connection.

**Presenter:** Candace Rodman, MS

*Associate Teaching Professor, University of Missouri*



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