



TBH “LET’S MEET” WORKSHEET

THE SCIENCE

Research shows that being social and connected to each other is linked to better physical, cognitive and emotional health, as well as to healthier aging.

NOW DO IT!

Take a few minutes to learn about your partner using these questions from the “Let’s Meet” card deck. Pick a question and then share your answers with each other. Then, spend some time sharing with the group what you learned about your partner.

“LET’S MEET” CARD QUESTIONS

- How did you get your first job?
- Tell me about your parents.
- What is your best relationship advice?
- How did you get to school as a child?
- What is your favorite kind of music?
- Tell me about your first date.

TBH TAKEAWAY

These questions give us the chance to connect with each other by sharing our personal histories. It’s interesting to think back on aspects of our lives we may have forgotten, or don’t think about often. And it is an unusual but lovely way to get to know each other and share things about ourselves.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!