



## THE SCIENCE

Research shows that spending time with others boosts our brain skills, reduces dementia risk and lowers emotional distress, which can interfere with memory.

## NOW DO IT!

Take a few minutes to learn more about someone else using these “Ice Breaker Questions.” Then, spend some time sharing with the group what you learned about your partner.

### “MAKE NEW FRIENDS” ICEBREAKER PROMPTS

- Tell me about the last thing you forgot.
- Tell me something few people know about you.
- Tell me about your worst characteristic.
- Tell me about your favorite place to visit.
- Tell me about a favorite memory from your childhood.
- Tell me your favorite way to spend an afternoon.
- Tell me about someone important in your life.
- Tell me about your favorite teacher

## TBH TAKEAWAY

Spending time together sharpens our thinking, boosts the chances we will be intellectually engaged, and helps us stay connected and happier.