



**Dancing Sky**  
Area Agency on Aging



# ISOLATION

## *And Why It Matters*

**Tuesday, February 6, 10:30 am**  
**This is an Online Event**

**Learn about the physical and mental impacts of isolation and how to take care of yourself and others.**

**Register At Eventbrite**

<https://www.eventbrite.com/e/isolation-and-why-it-matters-tickets-791042177447>

### OUR SPEAKER

Carrie Henning-Smith, PhD, MPH, MSW is an Associate Professor in the Division of Health Policy and Management, University of Minnesota School of Public Health, Deputy Director of the University of Minnesota Rural Health Research Center, and Co-Director of the University of Minnesota Rural Health Program. She is an Associate Editor at the Journal of Applied Gerontology and the Journal of Rural Mental Health and a member of the National Rural Health Association Board of Trustees. She also serves on the Board of Directors for CentraCare, a large, integrated health system serving central Minnesota. Her work focuses on health equity for rural residents, with particular attention to structural barriers to health and social well-being.

