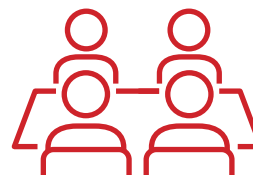


# Family and friends who dine together SHINE TOGETHER.

As cheesy as that sounds, research does show that people who enjoy frequent meals with others have better social and emotional well-being.



Weekly sit-down meals with family, friends or neighbors can reduce stress, boost self-esteem and make everyone feel more connected.



Research shows that people who enjoy frequent meals with others, particularly parents with their children, have better social and emotional well-being.



## LOCATION, LOCATION, LOCATION (really doesn't matter)

Keep it simple: You could whip up a grazing board ahead of time, go the potluck route or just order takeout.



## CONNECTION, CONNECTION, CONNECTION (is what's important)

Spending time together has mental and physical health benefits that can't be denied. So relax and enjoy the conversation. After all, social connection is the whole point.

## THE FOUR SIMPLE RULES OF TOGETHER TUESDAYS:



Eyes up.  
Phone down.



Share a table.  
Or a Zoom screen.



Savor each bite.  
Live in the moment.



Do it your way.  
Make it fun!

For incentive ideas and conversation starters, go to [heart.org/together](https://heart.org/together).