The One New Thing, One Good Connection Challenge

georgia memory net

Four weeks. New experiences. Meaningful connections.
Your brain thrives on being engaged, and one of the best ways to stay engaged is to keep learning and connecting with others.

Take our four-week challenge.

No pressure. No perfection. Just a little curiosity and good company.



Week 1: Make A Connection

REACH OUT. CATCH UP. ENJOY THE CONVERSATION.

Call, visit or spend time with someone you care about. It could be an old friend, a family member, a neighbor or someone you'd like to know better.

My connection this week: _____ ☐ **I Did it!**



Week 2: Try Something New

GIVE YOUR BRAIN A NEW EXPERIENCE.

Take a class, explore a new hobby, attend a community event or learn something you've always been curious about.

Something new I tried: _____ ☐ **I Did it!**



Week 3: Better Together

TURN AN EVERYDAY ACTIVITY INTO A SHARED EXPERIENCE.

Invite someone to walk, cook, volunteer, attend a church gathering or try something fun with you.

Something we did together: _____ ☐ **I Did it!**



Week 4: Be A Beginner

DO SOMETHING YOU'RE NOT ALREADY GOOD AT.

Paint. Dance. Sing. Learn a new skill. Try something outside your comfort zone. Don't worry about getting it right. Enjoy giving it a try.

My beginner moment: _____ ☐ **I Did it!**

Need some inspiration?

- Join a walking group or community club.
- Attend a church or faith-based group.
- Try painting, dancing, music or photography.
- Volunteer in your community.
- Sign up for a beginner class.
- Start a hobby night with friends.
- Learn a new recipe with someone.
- Join a social group, book club or discussion group.

Noticing changes in your memory?

Visit **GaMemoryNet.org** to download the Georgia Memory Net referral form. Bring it to your Primary Care Provider and ask if a referral to Georgia Memory Net is right for you.

Scan code for referral information.

IN PARTNERSHIP WITH

DPH GEORGIA DEPARTMENT OF PUBLIC HEALTH

Sponsored by the Georgia Department of Human Services.
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