



The power of connection:
95% of Grouper members
report increased physical
& cognitive activity.

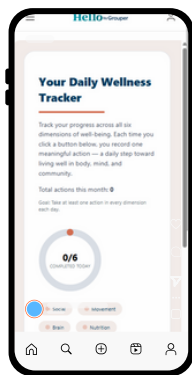
Connection is Health

A new online community—included with your Optimist International membership at no additional cost!

Hello by Grouper brings together clubs and associations from across the country **to create a shared space** for **healthy living, joyful learning, and real connection.**

Live healthy, every day

- Set health goals that **keep you motivated**
- **Stay active** with movement and creativity
- Track your progress and **celebrate your wins**



Join Hello By Grouper Today!



Joining is easy! Simply follow the steps to sign up, explore, and find your people! To start, **scan the QR code**, or visit join.hellogrouper.com/optimist.

Accessible through the web or the Hello by Grouper App.

What You'll Discover

A dedicated space for Optimist
Connect with **your club and fellow members**, stay informed, and enjoy enriching content.

Classes and experiences

Enjoy hundreds of live and on-demand session—from fitness and balance to arts & crafts, walking, puzzles, and more.

Communities that inspire

Join conversations with like-minded people who inspire and celebrate one another.

Inspiring content and events

Participate in book clubs, webinars, monthly challenges, and talks on healthy aging—all designed to boost well-being and spark joy.