



EDUCATION

HOW...

EDUCATION RELATES TO HEALTH

Education is a powerful social determinant of health. Studies show that individuals with higher levels of education tend to be **healthier** and **live longer** than those with lower levels of education.

Education can impact health in many ways, including through its effect on **brain development**. Research shows that education can **improve cognitive flexibility, memory, and problem-solving skills**, which can have positive impacts on **mental health** and **overall well-being**.

"Education can also improve health by increasing access to better jobs and higher incomes, which can in turn lead to better healthcare and living conditions."

- World Health Organizations -

RESOURCES

Education - City of Kitchener and City of Waterloo

Information on public and private schools, colleges, universities and more in your area.

<https://www.kitchener.ca/en/living-in-kitchener/education.aspx>

<https://www.regionofwaterloo.ca/en/living-here/education-and-schools.aspx#Post-secondary-institutions>

Kitchener Public Library and the Waterloo Public Library

If you or someone you know in the Kitchener-Waterloo region is looking for local resources related to education and health, check out the programs and services offered by the Public Libraries.

<https://www.kpl.org/>

<https://www.wpl.ca/>

What's in my 'hood? - City of Kitchener

Getting to know your neighbourhood is lots of fun. There are interesting people to meet, new places to hang out and perhaps some hidden gems to discover.

[https://kitchenergis.maps.arcgis.com/apps/webappviewer/index.html?](https://kitchenergis.maps.arcgis.com/apps/webappviewer/index.html?id=deeb2e6393d0499693453a98b35bface&wmode=transparent)

[id=deeb2e6393d0499693453a98b35bface&wmode=transparent](https://kitchenergis.maps.arcgis.com/apps/webappviewer/index.html?id=deeb2e6393d0499693453a98b35bface&wmode=transparent)