Hello by Grouper

Connection is Health

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

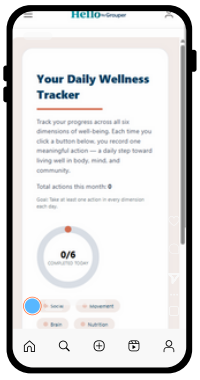
Hello by Grouper brings together clubs and associations from across the country **to create a shared space** for **healthy living**, **joyful learning**, and **real connection**.

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/sertoma**.

Accessible through the web or the Hello by Grouper App.

What You'll Discover

A dedicated space for Sertoma

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.