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Articles

[**Your Healthiest Self ~ Social Wellness Toolkit**](#)

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically. Explore the Social Wellness Toolkit to learn how to improve your overall health.

Source

[National Institutes of Health](#)

Recent Aging Well Articles

Recent Aging Well Articles

Article

[**Reduce Your Risk from Respiratory Viruses This Holiday Season**](#)

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Article

VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

Road Scholar Program

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

Article

Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

[Your Healthiest Self ~ Social Wellness Toolkit](#)

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically. Explore the Social Wellness Toolkit to learn how to improve your overall health.

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[National Institutes of Health](#)

More for You

Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)
- [Lindsay Institute for Innovations in Caregiving](#)
- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)

Healthy Living Resources

- [Mind Your Meds: Safe Opioid Medication Use and Disposal](#)
- [Oral Health Resources](#)
- [Pain Management and Opioids Resources](#)
- [Social Engagement Tools and Resources](#)

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