

## Explore Aging Well Topics

[Health Care Settings and Providers](#)

[Healthy Living and Prevention](#)

[Medical Concerns](#)

[Mind and Body](#)

## Explore Aging Well Resources

Articles

### [\*\*Healthy Body, Healthier Brain\*\*](#)

Brain health and physical health are both important, especially as we age. There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, also may reduce the risk for cognitive decline. Explore eight steps you can take for a healthy body and healthier brain.

Source

[Centers for Disease Control \(CDC\)](#)

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## Recent Aging Well Articles

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Article

### [\*\*Learn About Alzheimer's Disease and 8 Ways to Lower Your Risk of Getting It\*\*](#)

Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If not treated, it can affect a person's ability to go about their normal routines.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **Virtual Program: What is Good Dementia Care?**

This virtual program offers an interactive conversation between family caregivers and a team of healthcare professionals.

Source

[Virginia Geriatric Education Center](#)

Article

## **Talk to Your Doctor: 6 Tips to Help Inform Your Conversation About Falls**

Explore tips to help you talk with your doctor about falls and falls prevention.

Source

[National Council on Aging](#)

Article

## **Hearing aids slow cognitive decline in people at high risk**

Studies have found an association between hearing loss and the development of dementia in older adults. Learn about research that suggests that using hearing aids to treat hearing loss may help slow the development of cognitive problems.

Source

[National Institutes of Health](#)

Article

## **The Dental / Kidney Disease Connection**

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Article

# Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health.

Source

[Centers for Disease Control \(CDC\)](#)

## **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](#)
- [Senior Resources Near Me](#)
- [Social Engagement Tools and Resources](#)

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