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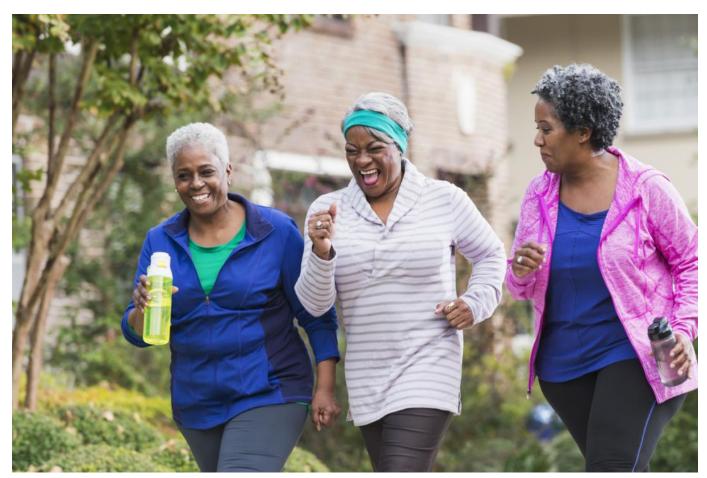
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Walk with Ease Program

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

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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

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

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

Social Security Administration

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How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents – and other kin caregivers – all year long.

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6 Great Things About Kinship/Grandfamilies

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents – and other kin caregivers – all year long.

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Jan

23

Caring for the Caregiver

1:00 - 2:00pm Statewide Jan 23

The Caregiver's Playbook Training Series

7:00 - 7:30pm Statewide Jan 28

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm Statewide Jan 28

Families Anonymous

6:45 - 8:00pm Charlottesville Area View PDF