

Experts recommend that older adults get a regular checkup every year, even if they feel perfectly well. Here, you'll find preventive healthcare services for Virginia seniors, including fall prevention, cancer screenings, and other health assessments.



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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

5 Things to Know About Taking 5 or More Medications

Medicines can improve our lives by regulating blood pressure, curing infections and calming restless minds and aching joints. But as you get older taking multiple drugs increases your risk of falls, confusion, and other serious side effects.

Source

[AARP](#)

Apps

GoodRx: Prescription Drug Savings

GoodRx is an affordable health care and medication app and mobile health care

Source

[GoodRx: Prescription Drug Savings](#)

Article

How to Prevent Cancer or Find It Early

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

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

Links

GetSetUp ~ Live classes for older adults, by older adults

GetSetUp supports older adults to learn new skills, connect with others and unlock new life experiences. Older adults have incredible knowledge to share and new mountains (literally and figuratively) to climb, but until now they haven't had their own place to pursue their passions and continue creating, growing, and giving back.

Source

[GetSetUp ~ Live classes for older adults, by older adults](#)

Links

CareScout

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[CareScout](#)

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](#)

Links

Mental Health Support: Find support for mental health, drugs or alcohol

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

Links

CostPlus Drug Company

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[CostPlus Drug Company](#)

Article

National Prescription Drug Take Back Day ~ October 26, 2024

Remember to dispose of unused or unneeded prescription medications during the DEA National Drug Take Back Day on Saturday, October 26 from 10am to 2pm.

Source

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