

[Healthy Living and Prevention](#)

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

[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 plat

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 \(CDC\)](#)

Article

Peak Season for Respiratory Diseases Is Near: There Is Still Time to Get Vaccinated

On December 14, CDC issued a Health Alert Network (HAN) advisory to healthcare providers and public health officials highlighting the increased respiratory disease activity occurring in the U.S. The HAN noted that low vaccination rates for COVID-19, influenza, and RSV could lead to more severe disease and a strained healthcare system for the rest of the season.

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

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CostPlus Drug Company

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[CostPlus Drug Company](#)

Article

National Prescription Drug Take Back Day ~ April 27, 2024

Remember to dispose of unused or unneeded prescription medications during the DEA National Drug Take Back Day on Saturday, April 27 from 10am to 2pm.

Source

[United States Drug Enforcement Administration \(DEA\)](#)

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