

Isolation, loss and depression all have negative health effects, while exercise, mindfulness and social connection can result in huge benefits. Find emotional wellness, fitness and nutrition resources for Virginia seniors, and explore alternative medicine and therapy options near you.



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Article

## **How Does Social Connectedness Affect Health?**

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

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

Links

## **Dementia Capable Virginia ~ Resources**

Source

[Dementia Capable Virginia ~ Resources](#)

Apps

## **Be My Eyes**

Connects people needing sighted support with volunteers and companies through live

Source

[Be My Eyes](#)

Article

## **Sharing Your Family Story**

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

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](#)

Article

## **Mindfulness training can boost heart-healthy eating**

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Links

## **CareScout**

Source

[CareScout](#)

Links

## **Herbs at a Glance from NIH | NCCIH**

Source

[Herbs at a Glance from NIH | NCCIH](#)

Article

## **Physical Activity Boosts Brain Health**

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

Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

Source

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

Links

## **Virginia Fresh Match for SNAP Recipients**

Source

[Virginia Fresh Match for SNAP Recipients](#)

## Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Page 9](#)
- ...
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 182 Results