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Disability Resources

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Veterans Resources

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My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)

Recent VirginiaNavigator Articles

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Featured Article

[**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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Image



Article

SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

Article

LeadingAge Virginia

Contact LeadingAge Virginia:

contactus@leadingagevirginia.org

804-365-5500

Article

JLL Project Management

Project Management Services:

Brenton Barefoot – Brenton.Barefoot@jll.com

Bryant Wilson – Bryant.Wilson@jll.com

Article

Cognitive Wellness in Aging: An Introduction to Normal Cognitive Aging

It is important to understand how thinking changes with age under usual circumstances—and what might be a sign that something more is taking place.

Source

[SundayHealth](#)

Article

File for free with IRS Free File

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

Article

[The Impact of Sleep on Brain Health During Aging: Why Sleep Matters](#)

Sleep is fundamental for maintaining and improving physical and mental health. It is especially important for older adults to prioritize good sleep habits.

Source

[SundayHealth](#)

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Community Calendar

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Feb
25

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm
Statewide
Feb
25

Families Anonymous

6:45 - 8:00pm
Charlottesville Area
Feb
26

Drop In Bereavement Support Groups, 4th Wednesday

9:00 - 10:00am
Charlottesville Area
Feb
26

The SPAN Center Community Listening Session ~ New Kent

10:30 - 11:30am
Richmond Area
[View PDF](#)