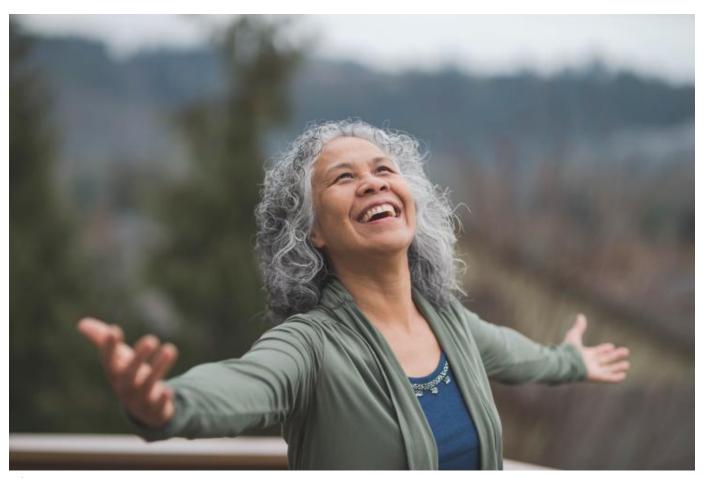
### **Mind and Body**

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.



View PDF 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)

### **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

# 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

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