

Wellness and Alternative Health

Programs that promote a healthy state of well being including health education, exercise, diet, medical care and alternative therapies.

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

Herbs at a Glance from NIH | NCCIH

Source

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

Links

CDC: Alzheimer's Disease and Healthy Aging

Source

[CDC: Alzheimer's Disease and Healthy Aging](#)

Article

Seasonal Affective Disorder (SAD): More Than the Winter Blues

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change.

Source

National Institute of Mental Health

Links

StrongerMemory: Back to the Basics for Better Brain Health

Source

[StrongerMemory: Back to the Basics for Better Brain Health](#)

Article

Improve Your Mental Health Through Proper Nutrition

If you're looking for ways to help your body and brain stay healthy, consider including nutrition-packed foods in your daily diet.

Source

[Sheltering Arms](#)

Article

Creating Your Self-Care Plan

Learn more about a holistic self-care plan that encompasses the mind, body and spirit.

Source

[Sheltering Arms](#)

Links

Virginia Department of Health (VDH)

Source

[Virginia Department of Health \(VDH\)](#)

Article

Brain Fitness Activities and Tips

Brain fitness is vital throughout your lifetime to stay mentally sharp and help improve the functioning of the brain. These practical tips from brainHQ can guide you toward a sharper memory and brain re-engagement.

Source

[Posit Science](#)

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