

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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