

[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.



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Article

[Your Healthiest Self ~ Social Wellness Toolkit](#)

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

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

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[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 \(CDC\)](#)

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