

Programs that provide entertainment, outings and leisure activities.

Links

Internet Archive: Free Books, Movies, Software, Music

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Article

5 Secret Health Benefits of Gardening

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

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How to Stay Healthy as Summer Temps Rise

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

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Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

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[Food and Drug Administration](#)

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Be Safe in the Sun

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Article

Virginia State Parks Accessibility

Virginia State Parks strive to make each park as barrier-free as possible for the convenience of those with limited mobility.

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[Department of Conservation and Recreation](#)

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Stay Active with a Disability: Quick Tips

Regular physical activity is good for everyone's health, including people with disabilities.

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[Office of Disease Prevention and Health Promotion](#)

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Tips for Bicyclists and Pedestrians

It's vital for bicyclists and pedestrians to take proactive steps to stay safe.

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[U.S. Department of Transportation](#)

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Making Fitness Accessible for Everyone

Explore accessible fitness programs across Virginia!

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Article

Sun Safety

Some ways to stay sun-safe outdoors include wearing sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes, and wearing a long-sleeved shirt and pants or a long skirt for additional protection when possible.

Source

[Centers for Disease Control \(CDC\)](#)

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