

## Explore Health Topics

[Health Care Settings and Providers](#)

[Healthy Living and Prevention](#)

[Disabilities and Health Conditions](#)

[Fitness and Recreation](#)

## Explore Health Resources

Articles

### [\*\*Education for Lifelong Health and Mental Health Learning Factsheets\*\*](#)

This series of health factsheets developed by the Florida Center for Inclusive Communities (FCIC) was designed for people with mild intellectual disability. The factsheets provide information and resources about serious health conditions that become more common with increasing age.

Source

[Florida Center for Inclusive Communities \(FCIC\)](#)

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## Recent Health Articles

## Recent Health Articles

Article

### [\*\*VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene\*\*](#)

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

## **Healthy, Thrifty Holiday Meals**

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

## **Disability and Health Healthy Living**

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

Source

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

Article

## **10 Tips for Finding the Right Home Care Agency**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Article

## **How to Prevent Cancer or Find It Early**

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

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

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](#)

## **More for You**

### **Features**

- [Ask an Expert](#)

### **Staying Connected**

- [Centers for Disease Control and Prevention](#)
- [Disability and Health Promotion](#)
- [National Center on Health, Physical Activity, and Disability \(NCHPAD\)](#)

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