

Explore Health Topics

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Articles

[**Adaptive Sports: Staying Active While Living With A Disability**](#)

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. There are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

Source

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Recent Health Articles

Recent Health Articles

Article

[**The Dental / Kidney Disease Connection**](#)

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Source

[National Kidney Foundation](#)

Article

How to Interact with Someone Who Has a Disability

Learn appropriate ways to interacting with someone who has a disability and how to help them if needed.

Source

[Sheltering Arms](#)

Article

Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health.

Source

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

Article

Protect Yourself from EBT Scams

Be aware that criminals are trying to steal card benefits nationwide through scams that attempt to trick you into providing your EBT card information.

Source

[Virginia Department of Social Services](#)

Article

National Prescription Drug Take Back Day ~ October 28, 2023

DEA's National Prescription Take Back Day is October 28, 2023.

Source

SNAP Emergency Allotments: Questions and Answers

Find answers to your questions about the SNAP Emergency Allotments.

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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