

## [Disabilities and Health Conditions](#)

Would you like to learn more about specific health conditions and disabilities? Learn more about various health conditions, disabilities, community supports, treatment options and resources, and health and disability services.



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## **SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature**

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

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[Virginia Department of Social Services](#)

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## **How to Age Successfully with Spinal Cord Injury**

Learn what to expect when aging with a Spinal Cord Injury (SCI) and learn important strategies and steps to help you stay healthy and active.

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[Model Systems Knowledge Translation Center \(MSKTC\)](#)

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## [Healthy, Thrifty Holiday Meals](#)

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

Books & Guides

## [You Can BREAKFREE from Tobacco](#)

The Virginia Department of Health (VDH) Quit Now Virginia program has created a BREAKFREE guide to help you develop a plan to quit and prepare for what to expect, how to be successful and how to prevent relapse.

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[Virginia Department of Health](#)

Links

## [Well Beings ~ Films and Series](#)

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