

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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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](#)

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](#)

Books & Guides

Taking Time: Support for People with Cancer

Taking Time is for people newly diagnosed with cancer and their friends and family. Hearing that you have cancer changes your life, and the lives of those around you. The booklet discusses the many emotions that come with having cancer, as well as how to communicate with others about the disease.

Source

[National Cancer Institute](#)

Links

What to Expect: Mesothelioma Guide and Resources

Source

[What to Expect: Mesothelioma Guide and Resources](#)

Links

Mental Health Support: Find support for mental health, drugs or alcohol

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

Videos

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast is a podcast for young adults, made by young adults, with mental health conditions. It's designed with the purpose of sharing useful information our research team has gained through studies of transition-age youth/young adults navigating school or work.

Source

[UMass Chan Medical School: Transitions to Adulthood Center for Research \(Transi...](#)

Links

Virginia Fresh Match for SNAP Recipients

Source

[Virginia Fresh Match for SNAP Recipients](#)

Article

Protect Yourself from SNAP 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](#)

Links

SNAP-Ed Recipes from USDA

Source

[SNAP-Ed Recipes from USDA](#)

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Page 9](#)
- ...
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 454 Results