

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

## **SUN Bucks (Summer EBT)**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Books & Guides

## **Paralysis Resource Guide 2023**

The Paralysis Resource Guide was created by the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC), offers comprehensive information and connections.

Source

[Christopher & Dana Reeve Foundation](#)

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 \(CDC\)](#)

Links

## **Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers**

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

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](#)

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