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Article

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

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[Food and Drug Administration](#)

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Be Safe in the Sun

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Virginia State Parks Accessibility

Virginia State Parks strive to make each park as barrier-free as possible for the convenience of those with limited mobility.

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[Department of Conservation and Recreation](#)

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Tips for Bicyclists and Pedestrians

It's vital for bicyclists and pedestrians to take proactive steps to stay safe.

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[U.S. Department of Transportation](#)

Article

Sun Safety

Some ways to stay sun-safe outdoors include wearing sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes, and wearing a long-sleeved shirt and pants or a long skirt for additional protection when possible.

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

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Traveling with a Disability

If you have a disability and are considering international travel, a little advance planning can help you to see the world and return home safe and healthy.

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National Park Service

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Article

Age in Action: The Necessity of Leisure and Physical Activity

Learn more about the value and benefit of physical and leisure activity across the lifespan for individuals of all abilities in this Age in Action newsletter.

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[Virginia Center on Aging](#)

Article

Physical Activity for a Healthy Weight

Help manage your weight with physical activity. Learn more about why physical activity is important for longevity and disease prevention.

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