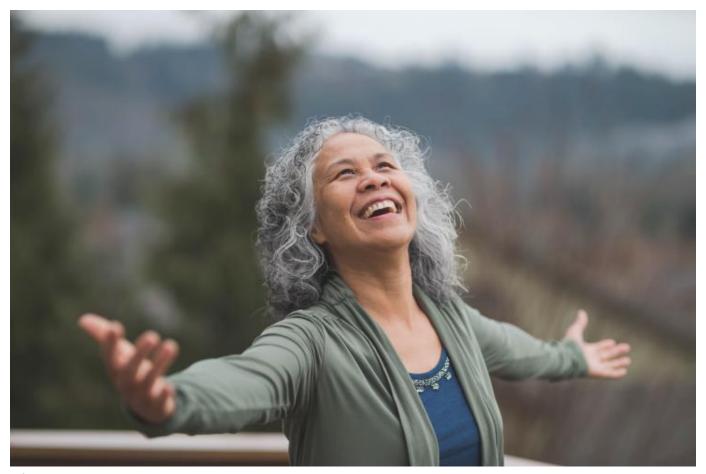
## **Mind and Body**

Isolation, loss and depression all have negative health effects, while exercise, mindfulness and social connection can result in huge benefits. Find emotional wellness, fitness and nutrition resources for Virginia seniors, and explore alternative medicine and therapy options near you.



**View PDF**