

Aging and Mental Wellness



Later life can be a time of rich experiences and new beginnings.

However, challenges that occur as we age can cause uneasiness. These can include:

- Adjusting to retirement
- Dealing with an illness
- Caregiving
- Loss of a loved one
- Financial problems

To maintain mental wellness, researchers recommend:

- Exercise and nutrition
- Socializing
- Engaging in recreational activities
- Volunteering

Your **Area Agency on Aging** can help you find a wide range of arts and cultural activities, fitness classes and meaningful volunteer opportunities.

*Find your Area Agency on Aging
on the other side of this card.*

Find Your Area Agency on Aging!

Ask your Area Agency on Aging about older adult services, recreational activities and community engagement opportunities.

Arlington Area Agency on Aging

703-228-1700 (TTY 711)

<https://aging-disability.arlingtonva.us>

City of Alexandria Division of Aging and Adult Services

703-746-5999 (TTY 711)

www.alexandriava.gov/Aging

Fairfax Area Agency on Aging

Serving Fairfax County and the cities of Fairfax and Falls Church

703-324-7948 (TTY 711)

www.fairfaxcounty.gov/familyservices/older-adults

Loudoun County Area Agency on Aging

703-777-0257 (TTY 711)

www.loudoun.gov/aaa

Prince William Area Agency on Aging

Serving Prince William County and the cities of Manassas and Manassas Park

703-792-6374 (TTY 711)

www.pwcgov.org/aging



www.SuicidePreventionNVA.org



Call 703-324-7000 to request
this information in an alternate format.

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