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.
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**
703-746-5699 (TTY 711)
www.alexandriarva.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/OlderAdults

**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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