

## Health & Wellness

### [AAA Senior Driving](#)

Resources to help seniors drive safer and longer.

### [Aging and Disability Resource Connection](#)

A resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services.

### [Go4Life](#)

Go4Life is an exercise and physical activity campaign from the National Institute on Aging designed to help you fit exercise and physical activity into your daily life.

### [MedlinePlus Seniors' Health](#)

Health information from the world's largest medical library, the National Library of Medicine.

### [NIH Senior Health](#)

Health and wellness information from the National Institutes of Health.

Find more on our [Health & Medicine](#) page.

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