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The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

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Source

Centers for Disease Control (CDC)

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VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source Virginia Department of Social Services Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

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Road Scholar Program

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Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

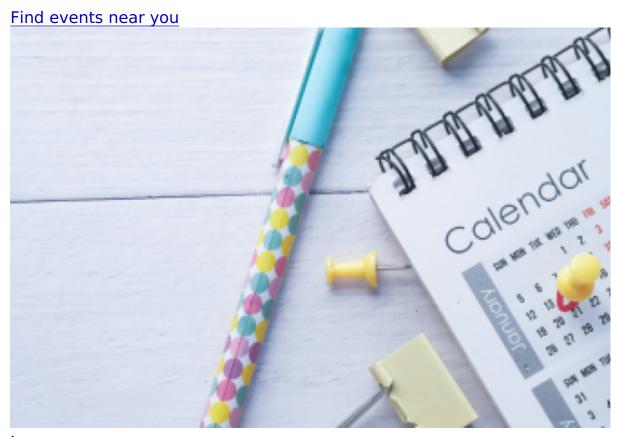
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Community Calendar



Jan 9

<u>Digital Mammograms ~ Tri-Area Community</u> <u>Health, Troutdale</u>

9:00am - 4:00pm Southwest Virginia Jan

Memory Partners

10:00 - 11:30am Roanoke Valley Jan 9

World War II Discussion Group

12:00 - 1:30pm Charlottesville Area Jan 9

African American Authors Book Club

6:00 - 7:00pm Charlottesville Area View PDF