Discover Wisdom for the Ages at NIHSeniorHealth.gov

This premier government health and wellness website was created especially for older adults.

It's easy to use:

- You can make the text bigger
- You can make the **contrast** better
- You can even make it "talk"

www.NIHSeniorHealth.gov

Reliable health information at your fingertips.

NIHSeniorHealth.gov
Built with you in mind

NIHSeniorHealth
was developed by
the National Institutes
of Health – *the Nation's*
Medical Research Agency.

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