

## Healthy Aging Resources

### **AARP**

[aarp.org](http://aarp.org)

### **Action for Happiness**

<https://www.actionforhappiness.org>

### **American College of Lifestyle Medicine**

[www.lifestylemedicine.org](http://www.lifestylemedicine.org)

### **American College of Sports Medicine**

1-317-637-9200 [publicinfo@acsm.org](mailto:publicinfo@acsm.org)

[wwtv.acsm.org](http://wwtv.acsm.org)

### **American Council on Exercise**

1-888-825-3636(toll-free)

[receptionist@acefitness.org](mailto:receptionist@acefitness.org)

[www.acefitness.org](http://www.acefitness.org)

### **American Physical Therapy**

**Association** 1-800-999-2782

(toll-free)

[consumer@apta.org](mailto:consumer@apta.org)

[wtvw.movefomardpt.com](http://wtvw.movefomardpt.com)

### **Centers for Disease Control and Prevention (CDC)**

1-800-232-4636 (toll-free) 1-888-

232-6348 (TIN/toll-free)

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) [www.cdc.gov](http://www.cdc.gov)

### **Eat Smart Move More NC**

<https://www.eatsmartmovemorenc.com>

### **HelpGuide**

<https://www.helpguide.org>

### **MedlinePlus National**

### **Library of Medicine**

[zvzwv.medlineplus.gov](http://zvzwv.medlineplus.gov)

<https://medlineplus.gov>

### **Pitt Partners for Health**

[www.PittPartnersForHealth.org](http://www.PittPartnersForHealth.org)

### **National Council on Aging**

1-571-527-3900

[www.benefitscheckup.org](http://www.benefitscheckup.org)

### **President's Council on Sports, Fitness & Nutrition**

1-240-276-

9567 [fitness@hhs.gov](mailto:fitness@hhs.gov)

[www.fitness.gov](http://www.fitness.gov)

For more information on health and aging, contact:

### **National Institute on Aging Information Center**

1-800-222-2225 (toll-free) 1-800-

222-4225 (TIN/t011-free)

[niaic@nia.nih.gov](mailto:niaic@nia.nih.gov)

[www.nia.nih.gov](http://www.nia.nih.gov)

<https://g04life.nia.nih.gov>

Visit [www.nia.nih.gov/health](http://www.nia.nih.gov/health) to find more health and aging information from NIA and subscribe to email alerts. Visit <https://order.nia.nih.gov> to order free print publications.



**National  
Institute on  
Aging**

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