Evidence-Based Lifestyle Interventions

IT TAKES 7 MINUTES A DAY

Research shows it takes as little as 7 minutes a day of exercise to prevent disability.

LONG-TERM CARE STARTS NOW

By making a long-term care plan now, you can help yourself and your family lead healthy lives.

LEADING HEALTHY LIVES

There are community programs available that can provide guidance on how to incorporate nutrition and exercise into your busy life.

WE ARE LIVING LONGER

By 2050, our nation's elderly population will double to 88 million. The number of people over age 85 will quadruple.

APPLIED HEALTH RESEARCH

Applied health research can help us understand how we age as a community.

Watch the recorded livestream at www.bit.ly/OCOHJAN22