

NIH SeniorHealth

<http://nihseniorhealth.gov>

NIH Senior Health is a senior-friendly web site brought to you by the National Institute on Aging and the National Library of Medicine which are parts of the National Institutes of Health. The site is designed for the “senior searcher”.



The International Council on Aging awarded NIH Senior Health its Industry Innovation Award.

Brought to you by:



National Institute on Aging



[Insert Address]



The National Network of Libraries of Medicine, funded by the National Library of Medicine, provides assistance and training nationwide.

To find a local library that provides health information for the public, please go to:
<http://nnlm.gov/members> or call us toll free at (800) 338-7657.

This brochure may be freely reproduced.
It is available on the internet at:

nnlm.gov/ner/training/material/NIHseniorhealth.pdf

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At last!

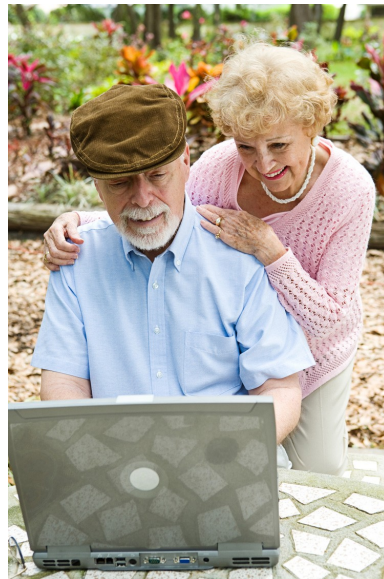
A free web resource for seniors from the National Institutes of Health

NIH SeniorHealth

nihseniorhealth.gov

You will find:

- √ Reliable, easy to understand online health information
- √ Open-captioned videos
- √ Quizzes
- √ Exercise stories
- √ Trainer's toolkit



Your Resource for Healthy Aging

Senior friendly features include:

- A “talking function” that reads the text aloud,
- Ability to increase text **contrast**
- An easy way to increase **text size** right on the web page.



Site includes over 40 topics on senior health including:

- Arthritis
- Balance Problems
- Caring for someone with Alzheimer's Disease
- Cataract
- COPD
- Diabetes
- Exercise for Older Adults
- Hearing Loss
- Heart Failure
- High Blood Pressure
- Low Vision
- Osteoporosis
- Sleep and Aging
- Taking Medications