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OPTIMAL AGING PORTAL

mcmasteroptimalaging.org



Information about
healthy aging
you can trust

Read trustworthy articles about
exercise, nutrition, common health
conditions, social care, elder abuse,
financial security & retirement
planning, volunteering,
and so much more.

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McMaster University created this free website to give you access to helpful, evidence-based information about the health and social aspects of aging.

What can you find on the Portal?

- Blog Posts: we use scientific evidence to provide insights on common health conditions.
- Evidence Summaries: we highlight the key messages from high quality research studies using plain language.



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