## **McMaster**

**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.



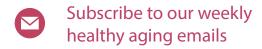
## McMaster OPTIMAL AGING PORTAL

mcmasteroptimalaging.org

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.





Follow @Mac\_AgingNews
mcmasteroptimalaging.org