

The McMaster Optimal Aging Portal: Evidence-based information about healthy aging for health and social system professionals and their patients or clients

“What can I do now to support our aging population?”

- ✓ **Visit the website** to find high quality scientific evidence about healthy aging, written in consumer-friendly language. The Portal is FREE to use.
- ✓ **Register** to access the Portal’s content for health and social care professionals, and subscribe to our email alerts tailored to your professional interests
- ✓ **Follow us @Mac_AgingNews** on Twitter and receive updates on aging news that is making headlines, accompanied by the best related research evidence
- ✓ **Like us on Facebook** and share our content with your personal and professional networks
- ✓ **Encourage your patients or clients** to read Blog Posts, Evidence Summaries or Web Resource Ratings on the Portal and sign up for citizen email alerts
- ✓ **Post the Portal flyer** at your local office, centre or clinic
- ✓ **Tell your colleagues** about the Portal: a trustworthy source for evidence-based information about healthy aging
- ✓ **Include a link to the Portal** on your website as a recommended healthy aging resource
- ✓ **Distribute** Portal materials at your community events (contact us to receive materials)
- ✓ **Contact us** at info@mcmasteroptimalaging.org to suggest topics or provide feedback on the Portal