

Health

Living a healthy life is an important part of living with a disability. This section provides health information and tips focused on wellness and safety issues.



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Apps

Be My Eyes

Connects people needing sighted support with volunteers and companies through live

Source

[Be My Eyes](#)

Apps

GoodRx: Prescription Drug Savings

GoodRx is an affordable health care and medication app and mobile health care plat

Source

[GoodRx: Prescription Drug Savings](#)

Article

How to Prevent Cancer or Find It Early

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Mindfulness training can boost heart-healthy eating

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

How to Interact with Someone Who Has a Disability

Learn appropriate ways to interacting with someone who has a disability and how to help them if needed.

Source

[Sheltering Arms](#)

Books & Guides

Taking Time: Support for People with Cancer

Taking Time is for people newly diagnosed with cancer and their friends and family. Hearing that you have cancer changes your life, and the lives of those around you. The booklet discusses the many emotions that come with having cancer, as well as how to communicate with others about the disease.

Source

[National Cancer Institute](#)

Links

What to Expect: Mesothelioma Guide and Resources

Source

[What to Expect: Mesothelioma Guide and Resources](#)

Links

AirNow: Get Local Air Quality Data

Source

[AirNow: Get Local Air Quality Data](#)

Article

Hydrating for Health

Drinking enough water is important for your health. How do you know if you are drinking enough?

Source

[NIH News in Health](#)

Links

Mental Health Support: Find support for mental health, drugs or alcohol

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

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