

Riverside County
Office on Aging

Healthy Lifestyle Info Van



Connecting to the Community!

The key to aging well is to stay healthy and active for as long as possible.

*To provide more information about how to do this, the Riverside County Office on Aging also has an Information and Education Van (Info Van) dedicated to helping older adults to live a **Healthy Lifestyle**.*

The Healthy Lifestyle Van has information, educational materials, and resources related to all areas of health and wellness including, physical fitness, nutrition, how to manage chronic diseases, and behavioral health issues that become more prevalent as one ages.



Available Health Related Information Includes:

Exercise programs including Bingsize, the New and Improved Fit After 50 program, and Walk with Ease

Education programs for nutrition and food assistance

General health related information and more...

