

Important information & Videos from AARP

AARP's Approach to Brain Health

AARP created Staying Sharp, a program that provides evidence-based information and actions you can take to maintain and improve your brain health as you age.

You'll have access to a variety of tools such as interactive activities, Brain Health Challenges, games, videos, and so much more that can easily fit into your everyday routine.

 **Please Click**

How to Take Care of Your Mental Health

New problems may arise as the pandemic progresses



 **Please Click**

COVID-19 Testing:

How it Works and When to get Tested

 **Please Click**

Spanish Flu:

How America Fought a Pandemic a Century Ago

Science and medicine have come a long way since the 1918 outbreak

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6 Virtual Travel Experiences to Enjoy While You're Home-Bound

How to explore the world from Yellowstone to the
Palace of Versailles

 **Please Click**

Featured Videos **What you need to know about the Coronavirus**

AARP has a host of Videos from How to Wash your Hands the Right Way, What you Need to know About the Coronavirus, Exercise and Stretching Videos and more

 **Please Click**