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## **Health Care Supports**

Physicians and hospitals in Virginia provide many of the health care services available to you. Would you like to find a licensed physician in your area of the state? Visit the [Virginia Board of Medicine](#) website.

There are also [Community Health Centers and Free Clinics](#) in Virginia that provide low or no-cost care for the low-income uninsured.

There are many resources for healthy living in your community. Wellness classes, fitness clubs, nutrition counseling, and classes to help you stop smoking are just a few of the programs available.

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Virginia Department for Aging and Rehabilitative Services

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<https://www.vadars.org>

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