

The McMaster Optimal Aging Portal: evidence–based information about healthy aging for health care professionals and their patients/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 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