



NATIONAL INSTITUTE ON AGING (NIA)

NATIONAL INSTITUTE ON HEALTH (NIH)

The U.S. government provides easy access to many health management publications via the Internet in English and Spanish languages. Here is a list of some of the publications available to view:

**Alzheimer's Disease
Caregiving
Disability
Doctor-Patient Communication
End of Life
Exercise**

**Healthy Aging & Longevity
Legal & Financial Plans
Memory & Cognitive Health
Men's Health
Women's Health, Menopause**

To view publications available at no charge through the federal government agency NIA (National Institute on Aging) use this website:

www.nia.nih.gov/health/pblications

OR

Contact: 1-800-222-2225 NIA Information Center (Monday-Friday, 8:30 a.m. – 5:00 p.m. ET)

Contact: TTY/toll free: 1-800-222-4225

**Mail: NIA Information Center (Free shipping to U.S. addresses)
P.O. Box 8057
Gaithersburg, MD 20898-8057**

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