

McMaster

OPTIMAL AGING PORTAL

mcmasteroptimalaging.org



Information about
healthy aging
you can trust

Find out what the research says about exercise, nutrition, common health conditions, mental health, caregiving, healthcare and so much more.

McMaster
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Do you value credible health information?

The **McMaster Optimal Aging Portal** is a **free website** that gives you access to evidence-based information to help you age well and **manage your health conditions.**

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What can you find on the Portal?

- **Blog Posts:** we use scientific evidence to provide insights on common health conditions.
- **Web Resource Ratings:** we assess the quality of free online health resources using a 5-star rating scale based on evidence and usability.
- **Evidence Summaries:** we highlight the key messages from high quality research studies using plain language.

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