



Be Well – Be Well Informed!

Health Info 101

Saturdays, October 9 and December 11

10 am - Main Library Meeting Room 2, High Street Level

You can do better than Google! Come to one of our classes and discover consumer health information available at the Library and online. Access trusted resources that cover more of what you want to know on topics such as basic wellness, drug information, and treatment of diseases. Learn about both conventional and alternative medical approaches.



Saving Money on Chronic Illness: Diabetes, Arthritis and Heart Disease

Saturday, November 13

10 am - Main Library Meeting Room 2, High Street Level

Learn how to take care of yourself with an eye toward your budget. Dr. Cynthia Koelker, local author of ***101 Ways to Save Money on Health Care: Tips to Help You Spend Smart and Stay Healthy*** discusses strategies for managing chronic conditions.



*Please contact the
Science & Technology
Division at
330-643-9075 or
stdiv@akronlibrary.org
for more information.*



Akron-Summit County Public Library

**Science & Technology Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org**

*Interpretive services are available. Please inquire.
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