



Live Healthy



Saturday, May 11 • Main Library

Increase your health and wellness by quitting the tobacco habit, fitting more physical movement into your daily routine, and choosing to eat realistically-sized meals. The Akron-Summit County Public Library, in partnership with the Center for Community Health Improvement at the Austen BioInnovation Institute of Akron (ABIA) presents a Saturday of programs designed to do just that. Dr. Cynthia Capers will join us to provide information about the Live Healthy Summit County initiative.



Tobacco Cessation – Healing Help from a Chronic Disease of the Brain **9:30 am, Meeting Room 2**

How many times have smokers attempted to quit using tobacco only to fall back into addiction one more time. Learn why this addiction is cunning, baffling and powerful. Find out how a smoker's brain responds and how to counteract nicotine's effect on the brain. If you've ever wondered why intelligent people fall prey to this addiction, and how to help them, attend this session and come away with a renewed sense of hope and new tools to get this addiction under control for good. This program is taught by Mayo Clinic Tobacco Treatment Specialist and Director of an American Lung Association office, Elizabeth Burke. She herself relapsed many times until she discovered the way out. She can help you too.



Body Weight Training - 10:30 am, Auditorium

Learn techniques for body weight training (using the resistance of your own body to increase strength and endurance). Pete Gladden, a group fitness instructor with Summa Health Systems and a Professional Member and Certified Personal Trainer with the National Strength and Conditioning Association for the past 15 years, will help you toward a more active lifestyle.



Portion Distortion - 11:30 am, Meeting Room 2

Average portion sizes have grown so much over the past 20 years that sometimes the plate arrives and there's enough food for two or even three people. These growing portion sizes are changing what Americans think of as a "normal" portion at home, too. We call it portion distortion. Find out how portion sizes have changed and learn how to make a healthy plate with proper portions of nutritious foods. Presented by Berri Burns, Community Outreach Dietitian with Akron General Health & Wellness Centers.

All programs are free and open to all. Free parking is available all day on Saturdays in the High Street parking deck adjacent to the Library.

Please contact Science & Technology to reserve your spot in any of these programs.

