

Engaging the Library Community in Health and Wellness



Recipes of the Month – Spring Vegetables

[Orange-Mint Carrots](#)

[Roasted Asparagus Parmesan](#)

[Baked Fennel with Garlic & Herbs](#)

[Roasted Pear Salad with Blue Cheese Dressing](#)



Early spring is a very exciting time to hit the Farmers' Market. Look for these vegetables and fruits and give these tasty recipes a try. [Click here](#) to access ConnectWell where you can view the Healthy Recipe Collection on The Green Free Library's site.

ConnectWell



Virtual Health Programming Direct to Library Patrons

ConnectWell provides Health & Wellness programming direct to library patrons each month to build awareness of the material in the database. Each month there will be a Health Literacy Program and 3 Programs that focus on the Monthly Health Focus Topic. Content from the ConnectWell Health & Wellness Database will be shared during the programs. Copy and paste these listings right into your library's calendar of events, email blasts, and hardcopy newsletters so your patrons can participate.

April 2025: Health Literacy & Focus on Better Sleep

Program: Why Can't I Sleep?

Delivered by ConnectWell

Date: Tuesday, April 8, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about sleep requirements for adults, sleep disruptors, the risks of sleep medication, and health issues that impact sleep. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Sleep: Get Ready!

Delivered by ConnectWell

Date: Tuesday, April 15, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about key aspects of sleep hygiene to get quantity and quality sleep. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy

Delivered by ConnectWell

Date: Thursday, April 17, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn how to access the ConnectWell Health & Wellness Database on the library website and search for health information. Participants will get an overview of all of the capabilities of ConnectWell in order to utilize the database to search and find information on a wide range of health conditions, lifestyle medicine, and healthy recipes.

Program: Healthy Sleep for Children from Infancy through Adolescence

Delivered by ConnectWell

Date: Tuesday, April 22, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about setting up their kids for healthy sleep habits throughout childhood. Content from the ConnectWell Health & Wellness Database will be shared during the program.

May 2025: Health Literacy & Focus on Metabolic Health Issues: Metabolic Syndrome, Pre-Diabetes, Diabetes

Program: Apple or Pear? What is Metabolic Syndrome and Risk Factors

Delivered by ConnectWell

Date: Tuesday, May 6, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about metabolic syndrome, its risk factors, and prevention and treatment options. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Could I Have Prediabetes?
Delivered by ConnectWell
Date: Tuesday, May 13, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about diagnosis for prediabetes, its risk factors, and prevention and treatment options. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy
Delivered by ConnectWell
Date: Thursday, May 15, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn how to access the ConnectWell Health & Wellness Database on the library website and search for health information. Participants will get an overview of all of the capabilities of ConnectWell in order to utilize the database to search and find information on a wide range of health conditions, lifestyle medicine, and healthy recipes.

Program: What is Diabetes? Symptoms, Types, Options, and Healthy Lifestyle Modifications
Delivered by ConnectWell
Date: Tuesday, May 20, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about the different types of diabetes, diagnosis, risk factors, and prevention and treatment options. Content from the ConnectWell Health & Wellness Database will be shared during the program.

June 2025: Health Literacy & Focus on Cancer — Prevention, Screening, Risks, and Resources

Program: Lifetime Cancer Risk is Nearly 1 in 2: Learn Prevention Practices
Delivered by ConnectWell
Date: Tuesday, June 3, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn healthy lifestyle practices that lower cancer risk. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Cancer Screening for Early Detection of the most Common Cancers
Delivered by ConnectWell
Date: Tuesday, June 10, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn the current screening recommendations for the most common cancers. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy
Delivered by ConnectWell
Date: Thursday, June 12, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT
[Sign-up form](#)

In this program, participants will learn how to access the ConnectWell Health & Wellness Database on the library website and search for health information. Participants will get an overview of all of the capabilities of ConnectWell in order to utilize the database to search and find information on a wide range of health conditions, lifestyle medicine, and healthy recipes.

Program: Cancer Risk, Incidence, Survival Rates, and Resources
Delivered by ConnectWell
Date: Tuesday, June 17, 2025
Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Sign-up form](#)

In this program, participants will learn about cancer risks (what the numbers mean), cancer incidence, survival, and resources available on the ConnectWell Database. Content from the ConnectWell Health & Wellness Database will be shared during the program.



*Resources provided by the Potter Tioga Library System and
The Green Free Library.*



Supports PA Forward Health Literacy



