

Engaging the Library Community in Health and Wellness

July 2025: Health Literacy & Focus on Healthy Travel

Program: Plan for a Healthy Trip

Delivered by ConnectWell

Date: Tuesday, July 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 to plan ahead for a trip that is safe, healthy, and fun. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Healthy Meals and Physical Activity While Traveling

Delivered by ConnectWell

Date: Tuesday, July 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 stay on track with healthy eating and physical activity while traveling. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy

Delivered by ConnectWell

Date: Thursday, July 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: Tips to Manage Stress and Sleep Well While Traveling

Delivered by ConnectWell

Date: Tuesday, July 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 how to manage the stress and sleep disruptions that come with travel. Content from the ConnectWell Health & Wellness Database will be shared during the program.



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August 2025: Self-Care is Health Care

Program: Protect Yourself: Guidelines for Disease Prevention and Detection

Delivered by ConnectWell

Date: Tuesday, August 5, 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 protect themselves by learning the vaccination and screening guidelines for disease prevention and early detection. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Be Your Own Health Advocate

Delivered by ConnectWell

Date: Tuesday, August 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 the importance of personal risk factors and how to self-advocate at healthcare visits to be a partner in their care. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy

Delivered by ConnectWell

Date: Thursday, August 14, 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 Lifestyle as a Pillar of Self-Care

Delivered by ConnectWell

Date: Tuesday, August 19, 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 pillars of a healthy lifestyle to start making time for self-care instead of disease management. Content from the ConnectWell Health & Wellness Database will be shared during the program.

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September 2025: Musculoskeletal Health

Program: Caring for Musculoskeletal Health with Ergonomics

Delivered by ConnectWell

Date: Tuesday, September 2, 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 ergonomics at work, at home, at play, and throughout the stages of life. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Caring for Musculoskeletal Health with Exercise

Delivered by ConnectWell

Date: Tuesday, September 9, 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 range of exercises that maintain and strengthen your musculoskeletal system. Content from the ConnectWell Health & Wellness Database will be shared during the program.

Program: Health Literacy

Delivered by ConnectWell

Date: Thursday, September 11, 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: Addressing Musculoskeletal Pain and Injuries: Help! My Back Hurts

Delivered by ConnectWell

Date: Tuesday, September 16, 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 various ways to address common musculoskeletal pain and injuries. Content from the ConnectWell Health & Wellness Database will be shared during the program.

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Recipes of the Month –Summer Vegetables and Fruits!

[Summer Squash Sauté](#)

[Corn Relish](#)

[Tri-Berry Salad](#)

[Blueberry Jam](#)

These recipes are a great way to enjoy summer's bounty of fruits and vegetables. Enjoy the warmer weather, friends, and healthy food with these delicious recipes. To find more recipes, access the ConnectWell Healthy Recipe Collection on [The Green Free Library](#)'s website.