

# Health and Wellness Week



**RESOURCES FOR BETTER LIVING @BRPL**

**JANUARY 29 – FEBRUARY 3**

## UNDERSTANDING ACUPUNCTURE

Dr. David Green will explain the key components of acupuncture, an ancient form of traditional Chinese medicine that has quickly gained ground as a prevalent alternative treatment in the modern western world.

**SRL:** 1/29, Monday, 1:00–2:00pm

## SELF DISCOVERY AT YOUR FINGERTIPS

Discover YOU through iOS and Android apps that encourage self-awareness, positive thinking, personal growth, and forward momentum.

**DTL:** 1/29, Monday, 1:00pm

## BRAIN HEALTH & TRAINING

Dr. Mark Brody of Brain Matters Research will present information on brain health, including tips and exercises to keep your brain stronger, longer.

**SRL:** 1/30, Tuesday, 1:00–2:00pm

## SHARPEN YOUR MIND WITH BRAIN TRAINING APPS

Learn to use brain training apps Lumosity, Peak, Elevate, and Fitbrains to sharpen your cognitive skills. Improve memory, focus, and more from your smartphone or device.

**DTL:** 1/30, Tuesday, 1:00pm

**SRL:** 2/1, Thursday, 1:00pm

## TOOLS & TIPS FOR MEATLESS MONDAYS

Meal-planning and nutrient-tracking apps using whole-foods, plant-based, and earth-friendly meals will be covered.

**DTL:** 1/30, Tuesday, 6:00pm

**SRL:** 2/2, Friday, 11:00am

## BEGINNER'S GUIDE: WALKING TO RUNNING APPS

Learn the basics to start running. Apps to motivate and track, hydration, stretching, and proper footwear will be covered.

**DTL:** 1/31, Wednesday, 1:00pm

**All programs are one hour and a half unless otherwise noted.**

**DTL** Downtown Library **SRL** Spanish River Library

# Health and Wellness Week

## JANUARY 29 – FEBRUARY 3

### TECH FOR HEALTHY LIVING

Learn about wearable tech, apps, and online sources to make healthy living easier, help you compare hospitals, and find a doctor.

**SRL:** 1/31, Wednesday, 1:00pm

### GREEN-TECH GARDENING

Garden using your smart phone! Learn about the best plants to cultivate in Boca Raton, identifying plants for future purchase and diagnosing plant illnesses using your phone.

**DTL:** 2/1, Thursday, 6:00pm

**SRL:** 2/3, Saturday, 1:00pm

### ALZHEIMER'S & DEMENTIA INFORMATION FROM THE VOLEN CENTER

John Sawdon from The Volen Center will present the facts surrounding Alzheimer's disease and dementia, followed by a question-and-answer session.

**DTL:** 2/2, Friday, 1:00–2:00pm

### BIKE SAFETY PROGRAM

Join Boca Raton's City Bike Coordinator Anie Delgado and Officer Cornelius Riley with the BRPD for a presentation on bike safety. They will demonstrate proper helmet fit, how to check your bike before riding, rules of the road, hand signals, and answer all of your bike-related questions.

**DTL:** 2/3, Saturday, 10:00–11:00am

### RECREATION SERVICES OPEN HOUSE

Come and learn what the City of Boca Raton Recreation Services Department has to offer. Speak with representatives and take home information from Aquatics, Athletics, Parks, Camp Boca, and more!

**DTL:** 2/3, Saturday, 11:00am–1:00pm



Author  
Kelly Martinsen



### AUTHOR TALK & SIGNING: *A Year of Inspired Living: Essays and Guided Journaling for Self Reflection* by Kelly Martinsen

Kelly Martinsen's book will help you discover the life you want to lead, the person you want to be, and the impact you want to have on the world.

**DTL:** 2/3, Saturday, 2:00pm



**DOWNTOWN** 400 NW 2nd Avenue  
**SPANISH RIVER** 1501 NW Spanish River Blvd

Enroll online at [bocalibrary.org](http://bocalibrary.org) • 561.393.7852