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**BOCA RATON PUBLIC LIBRARY HOSTS HEALTH AND WELLNESS WEEK
OCTOBER 1–6, 2019**

BOCA RATON, FL (August 1, 2019) – People frequently seek out the library for educational materials and information about services related to health and wellness issues. In response, the Boca Raton Public Library is pleased to announce a series of free classes and programs during its second annual Health and Wellness Week from October 1–6. Classes include:

Mindfulness Meditation
Hearing: The Ear–Brain Connection
Hands-Only CPR Training
Alzheimer’s Resources from The Volen Center
Mental Health Awareness
Finding Relief for Common Foot and Ankle Conditions
Achieving Optimal Health, One Healthy Habit at a Time
CBD and Medical Marijuana: What You Need to Know
Smart Homes for Health
Chinese Herbal Medicine Demystified
Sun Safety and Skin Cancer Prevention
Conscious Aging for a Happy Life
What’s the Deal with a Plant-Based Diet?
Reduce the Stress of Caring for Your Aging Parents
Maternal Wellness



Florida Atlantic University’s Louis and Anne Green Memory and Wellness Center will also provide free, 15-minute memory screenings by appointment on Friday, October 4, at Spanish River Library from 3:00–5:00pm. Call 561-393-7906 to schedule an appointment as space is limited.

The whole family is also invited to participate in an interactive presentation presented by the Ruth & Norman Rales Jewish Community Center called “Bullying Awareness.” Attendees will learn what bullying is, and what they can do when bullying occurs online or face-to-face. This program takes place on Sunday, October 6, at the Downtown Library from 1:00–2:00pm.

“Libraries across the country have been advancing health literacy in their communities,” notes Joleen Capella, Instructional Services Librarian, “and we are excited to bring together all of these resources in support of a healthy community.”

Find information about these programs and register through the Calendar on the library’s website at bocalibrary.org or by calling the library at 561-393-7852.

The Boca Raton Public Library provides outstanding library services, resources, and programs that meet the educational, recreational, cultural, and informational needs of library users in its two locations.