

Healthful Programs In August

The 17 Metropolitan Library System libraries spread throughout Oklahoma County are not just in the central Oklahoma community—they're important parts of the community, frequently serving as first points of contact for people with a variety of problems and concerns. Public libraries were created by people who saw the need for places to which their fellow citizens could go for direction when they had to have some help.

One of the things we do is provide some basic information in the areas of health and family welfare. MLS has long been a leader in presenting programs that assist our customers in finding out what to do and where to go for more detailed health care information.

Here are some of the MLS health and welfare programs on tap for August.



Child Guidance Parent Talk

This program is for parents and caregivers of young children. These sessions

provide a great opportunity to discuss the normal range of early development as well as any parenting questions you may have in the areas of Speech, Language, Development and Behavior. Sessions will be held at the following libraries in August: Southern Oaks on Aug. 1; Warr Acres on Aug. 8; Del City on Aug. 11; Belle Isle on Aug. 12; Edmond on Aug. 13; Midwest City on Aug. 25, and Downtown on Aug. 28.

Health Screening for Medicare-Eligible Seniors



Eligible seniors are invited to attend sessions at Belle Isle Library on Aug. 7, Choctaw Library on Aug. 14, Southern Oaks

on Aug. 21, or Midwest City on Aug. 26 for blood sugar/cholesterol screenings. Oklahoma City Clinic will provide this FREE, confidential service, so plan to come by and make your health a priority.

Learning to Speak Alzheimer's

This is a presentation by the Oklahoma Regional Alzheimer's Association providing information about Alzheimer's. They will share



behaviors patients and caregivers can expect, the vocabulary, resources available, and much more.

This free program is open to anyone, but is designed for adults. Sessions will be held at Southern Oaks, Aug. 11; Midwest City, Aug. 14; Belle Isle, Aug. 19; and Bethany Library on Aug. 25.

Autism Support Group

Edmond Library will host an Autism Support Group meeting for parents on August 11.



Please see the Calendar of Events in this issue for specific times.

We're here to help. Call, visit our website at www.metrolibrary.org, or stop by your neighborhood library and we'll help you figure out where to go from there.