

BEYOND THE DOCTOR'S OFFICE: HEALTH EDUCATION AT THE LIBRARY

Asthma

Main Library—823 Telfair Street

Tuesday, September 1, 2015, 4:00—5:00 PM

Renuka Mehta, MBBS and Vickie Redd, RN

Learn about what asthma is, triggers, controller medications, when to go to the hospital and get your questions answered.

Asthma

Friedman Branch Library—1447 Jackson Road

Tuesday, September 15, 2015, 4:00—5:00 PM

Renuka Mehta, MBBS

Learn about what asthma is, triggers, controller medications, when to go to the hospital and get your questions answered.

Obesity and Cancer Risk

Main Library—823 Telfair Street

Tuesday, October 6, 2015, 6:00—7:00 PM

Christine O'Meara, MA, MPH

Learn about obesity risk factors and how you can lower your health risks.

Blood Pressure

Appleby Branch Library—2260 Walton Way

Tuesday, October 20, 2015, 4:00—5:00 PM

Sandra Turner, NP

Learn about what blood pressure numbers mean for your body and get your blood pressure checked.

Alzheimer's Disease

Main Library—823 Telfair Street

Tuesday, November 3, 2015, 6:00—7:00 PM

Beth Williams

This workshop will provide a greater understanding of age-related memory loss and dementia.

Consumer Health Information

Diamond Lakes Branch Library—101 Diamond Lakes Way

Tuesday, November 17, 2015, 4:00—5:00 PM

Kathy Davies, MLS

This hands-on class will review a variety of web sites for consumers to find reliable health information.

Sickle Cell Disease

Main Library—823 Telfair Street

Tuesday, December 1, 2015, 6:00—7:00 PM

Leila Clay, MD

Learn about sickle cell disease, review current treatments, and what you can do to live a full life.

Alzheimer's Disease

Appleby Branch Library—2260 Walton Way

Tuesday, December 15, 2015, 4:00—5:00 PM

Beth Williams

This program provides information on detection, causes and risk factors for Alzheimer's Disease.

For more information visit guides.gru.edu/healthliteracyseries or contact Lindsay Blake, Clinical Librarian at Georgia Regents University at lblake@gru.edu or (706) 721-3443.



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