

Fall Lunch & Learn Series

Health & Wellness

The South Park Township Library will be hosting a series of health and wellness Munch & Learns on Wednesdays this fall. Join us for free snacks and an hour of learning. Call us at 412-833-5585 or email deknighta@einetwork.net to sign up.

Essential Oils-Combining Alternative Treatments with Traditional Medicine

Wednesday, October 25, 2017 – Noon

What is an essential oil? And what oils should every home have? How can you use these natural solutions to assist you and your medical practitioner reach your health care goals?

A Walk on the El Camino

Wednesday, November 1, 2017 —12:00pm

El Camino de Santiago de Compostela (in English: The Way of St. James) is a network of routes across Spain and Europe which all lead to Santiago de Compostela, in the northwest of Spain. Our speaker, Ann Coffaro, walked the El Camino alone and will share with us her spiritual journey.

Fresh from the Farm Juices

Wednesday, November 8, 2017—Noon

Learn the benefits of drinking fresh, organic, juices made from the produce of local farms.

Hypnosis

Wednesday, November 15, 2017 —Noon

Dr. Trotta will be joining us to discuss hypnosis—a state of heightened consciousness and relaxation. She will talk about how hypnosis can be used to gain control over undesired behaviors such as smoking, over-eating, anxiety, insomnia, etc.

Medicare

Wednesday, November 29, 2017 —12:00pm

This is an educational event provided by the American HealthCare Group. Learn the ins and outs of choosing the right Medicare plan. Maureen Sullivan will also be discussing the new CHC or Community Health Choices.

