



South Park Library Winter Programs

Warm up by our fireplace with one (or all) of our afternoon programs this winter!

Sign up today. 412-833-5585

Tuesday Lunch & Learns

Come hungry! We provide a light lunch and drinks for all of our Tuesday programs.

What is natural burial vs. traditional burial?—Tuesday, February 28, 2017 @ Noon

Families are thinking differently about how they want to honor their loved ones at the time of a funeral. Join us for a casual conversation with Kristin Hauman with Natural Funeral Company and Christine Crompton with John F. Slater Funeral Home. We will answer your questions about growing funeral trends including green burial, cremations, home funerals, and celebrations of life.

Memory Loss—Tuesday, March 7, 2017 @ Noon

Dr. Aparna Gupta, PHD will be here to discuss memory loss research.

Tomosynthesis--A revolutionary 3D imaging process—Tuesday, March 14, 2017 @ Noon

Dr. Debra Schneider, MD will be joining us to discuss this new technology for Mammograms.

Caregivers Network Panel Discussion—Tuesday, March 21, 2017 @ Noon

Join us for an opportunity to ask questions to a group of professionals who specialize in topics related to aging and caregiving. Representatives will be on hand from ManorCare, John F. Slater Funeral Home, Wills Law Firm, PC, Preferred Care at Home, and Heartland Homehealth & Hospice.

Wednesday Munch & Learns

Kate Kill from the Himalayan Institute will be back to discuss health and wellness. We'll provide snacks and drinks.

Learning to Manage Stress —Wednesday, March 1, 2017 @ 1:30pm

We all feel overwhelmed and stressed out from time to time. Unfortunately, being under stress can have a negative effect on our health. Join us to learn what happens in the body when we experience stress and simple techniques to move back into balance. Leave feeling calm, centered and clear.

Yoga Lifestyle —Wednesday, March 8, 2017 @ 1:30pm

We feel happiest when our life is in balance. Join us to learn simple daily routines that will keep us feeling our best.

Sleeping Soundly —Wednesday, March 15, 2017 @ 1:30pm

When we feel rested, everything else in our lives seems to run more smoothly. In this workshop we will learn techniques that will help us calm our minds and drift towards sleep. Join us and reconnect with the grounded feeling that adequate sleep provides!