

SOUTH PARK TOWNSHIP LIBRARY

MUNCH AND LEARN

HEALTH & WELLNESS

FALL SCHEDULE

Wednesdays at Noon

2575 Brownsville Road, South Park – call to register 412-833-5585

Healthy Minds: A Three Part Behavioral Health and Wellness Workshop

The mind and the body are truly connected and daily habits like sleep, eating, exercise and even thinking have an impact on our mental wellness. The purpose of the Healthy Minds Workshop is to improve overall wellness through the opportunity for learning, practicing and reflecting upon the connections between the body and the mind. Presented by Will Davies, Ed.D.

Session 1: Whole Body Health

Wednesday, September 11

Session 2: Healthy Thoughts

Wednesday, October 16

Session 3: Healthy Mindful Emotions

Wednesday, November 13

Engage for Health Wednesday, October 30

This presentation by the University of Pittsburgh will help you to be better prepared for your next doctor's visit by offering you tips on how to improve your communication skills and become more engaged in managing your health or that of a loved one. Learn how to speak up and become an active and empowered participant in the health care process.

Essential Oils Wednesday, November 6

Come explore the essential oil wellness pyramid with expert Lori Rothschild. She'll also have information on all that is new and exciting with essential oils.

Identity Theft

Wednesday, September 25

Terri Rae Anthony and Officer Joseph Risher from the Allegheny County Police Dept. will offer a presentation on how to lessen your chance of becoming a victim through scams, passwords, social security numbers, and credit cards.

Hoarding

Wednesday, October 2

Got clutter beyond your control? Know someone like this?

Based on the hit show *Hoarders* on A&E, this presentation by the local owners of Steri-Clean Pittsburgh takes a deeper look into hoarding.

Medicare

Wednesday, November 20

Do you have tons of questions regarding your Medicare coverage? Are you turning 65 and getting bombarded by tons of mail and don't know which way to turn? Or maybe you have had Medicare for a while but you just don't feel that your coverage is meeting your needs. Maureen Sullivan, an independent broker will be here to answer your questions. She will explain the different enrollment periods, the difference between a Medicare Supplement and a Medicare Advantage Plan and explain some government benefits that can help you pay for your prescriptions.