

HEALTHY *You* HEALTH EXPO @ St. George Library



St. George Library

Community and Conference Rooms

Saturday, January 27, 2018

10:30 am - 5:30 pm

The Washington County Library System, in conjunction with National Network of Libraries of Medicine, invites you to attend the "Healthy You Health Expo" for adults at the St. George Library on Saturday, January 27th from 10:30 am - 5:30 pm.

10:30 am -12:00 pm -

Keynote Speaker

Dr. Lynn Otto
Community Rooms A & B

1:00 - 2:15 pm -

Medline Plus Database Training

Community Room A
Brain Health & Stroke Prevention
Community Room B

2:30 - 3:45 pm -

Smoothies for Health and Nutrition

Community Room A
Diabetes Prevention and Control
Community Room B

4:00 - 5:15 pm -

Alzheimer's and Dementia

Community Room A
Pain Management
Community Room B

Exhibits:

12:00 - 1:00 pm

Ask a Pharmacist

All Day

Health Care Information from the
National Network of Libraries

Southwest Utah Public
Health Department

For more information, please visit the
St. George Library at:
88 W. 100 S. - St. George, UT
or call 435-634-5737.



WASHINGTON COUNTY
LIBRARY SYSTEM

www.library.washco.utah.gov