



# Arlington Public Library Announces Health Week: Because Information is the Best Medicine!

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- Free workshops, discussion panels and resources May 28 - June 1.
- Use your Library Card to access the Health and Wellness Resource Center: [library.arlingtonva.us/health-center](http://library.arlingtonva.us/health-center)
- Visit [library.arlingtonva.us/health-week](http://library.arlingtonva.us/health-week) and [health.arlingtonva.us](http://health.arlingtonva.us) for more information.

During the last week of May, the Library will host a series of events, conversations, and presentations to support a healthier Arlington. Focusing on a different theme each day, from brain and family health to mental and heart health, the Library will celebrate Arlington's strong public health system by connecting its patrons with the resources they need for optimal wellbeing.

"Just as the Library is about more than just books, health is about more than just healthcare," says Library Director Diane Kresh.

Arlington County takes great pride in offering quality health services to its residents making Arlington one of the healthiest counties in the nation. However, health inequities between and within zip codes persist. According to the report of the Destination 2027 Steering Committee, barriers to access of quality care and overall wellbeing are impacted by our nutrition, employment, education, economic-status and race.

To address these disparities and showcase the wide-range of health resources available to county residents, the Arlington Public Library, the Department of Human Services and local and national health-service providers are teaming up to support a healthier Arlington.

During the week-long series of events, residents can:

- Hear from county departments and clinicians about local resources, therapies and treatments available for children, adults and seniors.

- Participate in nutrition and fitness classes, health screenings and a CPR workshop.
- Learn how to support Arlington’s local health system by donating blood and advocating for healthy policies.
- Gain the tools needed to expand their understanding of wellness and the opportunities for optimal wellbeing.

Throughout the year, the Library provides health and wellness resources ranging from digital database subscriptions, eBooks, physical books, yoga classes, nutrition workshops to a team of Reference Librarians ready to answer questions and direct Library patrons to appropriate resources — free of charge.

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*Arlington Public Library is the heart of a thoughtful, inclusive and dynamic community  
where people and ideas connect.*  
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