Developed resources reported in this publication are supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.
Thanks for being here! We’d like to take a minute to provide a little information about some really exciting health initiatives happening in regional libraries, and the Library Moon Walk Challenge. The Mohawk Valley, Southern Adirondack, and Upper Hudson Library Systems are collaborating on a wellness project to get all of our communities up and moving--and focused on taking control of our health. This project is funded by the National Network of Libraries of Medicine.

MedlinePlus®
Trusted Health Information for You

https://medlineplus.gov/

It’s important to us that you connect with high quality health information. There is more information available than ever about health and wellness issues online, but it is not all created equal. Did
you know that the National Library of Medicine has a great, easy to understand, and reliable online resource that is free to use? We’re encouraging everyone to research their family health history, attend some fantastic health and wellness programs in libraries across our ten counties in the Capital District; and check out the health information resources that are available for free via the National Library of Medicine.

MedlinePlus is a website designed for patients and their families and friends. You can use it to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of specific terms, and even view medical videos. You can also get links to the latest medical research or find out about clinical trials on specific diseases or conditions. All information on MedlinePlus is reliable, authoritative, and up-to-date, available in many languages, and there is no advertising. All this is to say, it’s a librarian’s dream resource! There are too many cool features to cover right now, so be sure to ask a librarian for more info at your convenience, and visit medlineplus.gov to check it out. And don’t forget that any information you find online or provided to you by the library should always be reviewed with a healthcare professional.
We’re encouraging everyone to delve into their family health histories. Why? Many health problems tend to run in families. By creating a family health history, we can learn more about possible health risks. Go to medlineplus.gov/familyhistory for more information, and to take proactive steps to ensure your health.

It’s hard for many of us to stay active and create positive health habits, but every journey begins with a single step. In our Library Moon Walk challenge, our goal is to collectively log enough miles, steps, or minutes of exercise to get to the moon—a 238,900-mile trip, but with ten counties participating, we think we can do it. Whether you walked 1,000 steps or took a 45-minute Zumba class, go to librarymoonwalk.sals.edu and log your distance or time and we will see how far we can go together. Thank you for letting us share this information about MedLinePlus and the Moon Walk!
VENDORS

Albany County Department of Health
Albany County Sherriff's Office
Alzheimer's Association
Bassett Health
Berkshire Farm
Berne Public Library
Cancer Services Program of Albany County
CDPHP
Energy Healing and Mindfulness
Foothills Yogayurveda - Sarah Nelson Weiss
Huyck Preserve
Insight Meditation
Library Moon Walk Program
Middleburgh Library
New Harmony Wellness Center
Rensselaerville Trail Run/Walk
Smoking Cessation (Bassett Health)
Peaceful Valley Reiki
Raven Crest Botanicals
Rensselaerville Library
Tai Chi with Earl O'Bryan
The Body Fixx Health and Fitness
Thrive by Lev-el
WORKSHOPS

10:00-10:45AM An Introduction to Insight Meditation with Jack King

Insight meditation is the simple practice of using the breath to learn awareness and mindfulness. It is a method to teach yourself to pay better, calm attention to how things are, without the filters of “I want more of this, and less of that.” We learn to sit quietly, supported by others; to allow understanding and compassion to arise; to encourage loving-kindness and patience. By your own effort, and with others, through study, reflection, and practice, you can be happy, free, and peaceful whatever the conditions of your life are. There are no costs, obligations, or creeds.

11:00-11:45AM Restorative Breath and Movement for Everybody with Dian Ryan

Dian will be teaching both chair and standing postures that can be easily practiced during work and leisure time.

12:00-12:45PM Lymph - let's get it moving! with Joy from New Harmony

Lymph, what is it, the job it does, symptoms of when it's not working properly and how to get it moving.

1:00-1:45PM DETOX IN HARMONY - Herbs and Foods to Rejuvenate your Being with Raven Crest Botanicals

Get ready for spring! Susanna Raeven from Raven Crest Botanicals will share herbs, foods, lifestyles and recipes to jumpstart your very own detox process after a long winter hibernation. Learn about different types of detoxing cleanses and explore herbs to support and invigorate the liver, enliven the lymphatic system, improve digestion and clear your skin.
2:00-2:45PM Zumba with The Body Fixx Health & Fitness

Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

Special Opportunity
11:00AM & 1:00PM
Narcan Training provided by Albany County Sheriff’s Office
Please register for a specific time at their table.

Be sure to log your distance at https://librarymoonwalk.sals.edu/ or scan the code with your phone

Curious about other health related programs? Visit the calendar at https://librarymoonwalk.sals.edu/calendar/ or scan the code with your phone
Your Libraries

Berne Public Library
1763 Helderberg Trail
Berne, New York 12023
Phone: (518) 872-1246

Middleburgh Library
323 Main Street
PO Box 670
Middleburgh, New York 12122
Phone: (518) 827-5142

Rensselaerville Library
1459 County Route 351
Rensselaerville, NY 12147
Phone: 518.797.3949
Fax: 518.797.5211

Hours

Berne Public Library
Monday 2PM – 8PM
Tuesday 10AM – 8PM
Wednesday Noon – 8PM
Thursday 2pm – 8PM
Friday 2PM – 6PM
Saturday 9AM – 3PM
Sunday Closed
www.bernepubliclibrary.org

Middleburgh Library
Monday 1:30 - 8:30
Tuesday 10:00 - 8:30
Wednesday 10:00 - 5:00
Thursday 10:00 - 8:30
Friday Closed
Saturday 9:00 - 2:00
Sunday Closed
www.middleburghlibrary.info

Rensselaerville Library
New Hours 4/2/19
Tuesday 10-1pm & 3-8pm
Wednesday 10-1pm & 3-6pm
Thursday 10-1pm & 3-8pm
Friday 3-7pm
Saturday 10-2pm Closed
Sunday, Monday and Holidays
www.rensselaervillelibrary.org

A special thanks to Conkling Hall for the use of the facility for this program. To see upcoming events visit www.facebook.com/conklinghall