

Need medical or health information? *Then read on!*

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"I want to begin an exercise program that includes yoga and aerobics. How should I begin, and what should I consider?"

"I heard about a new diet on television. Do you have more information about it?"

Quality medical and health information is only a click away!

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Powerful tools provide medical and health information!

Managing your medical, health, fitness, nutrition and recreation information needs can be a daunting challenge, but the online resources available through your public library are a good place to start for reliable up-do-date information!

As a library user, you have access to a number of high quality online resources that complement the services of your librarian.

These online resources, available through your public library, are only a click away, and they're available whenever you need them.*

All you need is a library card to access most of these resources from home.

*Important: Information from these online resources should be used for background only. Always contact a physician or qualified professional before deciding on a medical treatment plan or beginning a diet or fitness/exercise program.

"I need current information on fibromyalgia—specifically causes and promising treatment."

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