

# Sharing Our Stories to Support Health & Wellness at Work and in Our Communities



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## Health and wellness challenges in rural and smaller communities:

- Low health rankings in rural areas exacerbated by obesity, smoking, drinking, poor exercise habits
- Lack of healthcare access
- Libraries working to mitigate health disparities
- Unavoidable during a global pandemic

## What are rural and small public libraries doing to address health and wellness in their communities? A few examples to get us started:

- Supporting workplace wellness and a healthy workplace
- Building health literacy via information resources
- Partnering on movement programming
- Partnering on food and health programming
- Partnering to connect users to community resources

## Questions to think about:

- What words come to mind when you think of health and wellness in your community?
- What words come to mind when you think of health and wellness and your library?
- How does your library currently contribute to health and wellness among your staff and in your community?
- What can you do to enhance your involvement with health and wellness?

**This session will address all these questions and much, much more, offering you the opportunity to share what you are doing, your success (and challenges), and to learn from peers at other rural and small libraries.**

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