



# Health Literacy

At the Library



# What is Health Literacy?



# Why is Health Literacy Important?



# How Can You Help Patrons?

Book Displays

Display Health Materials

Online Resources

Think about Privacy

Earn your CHIS

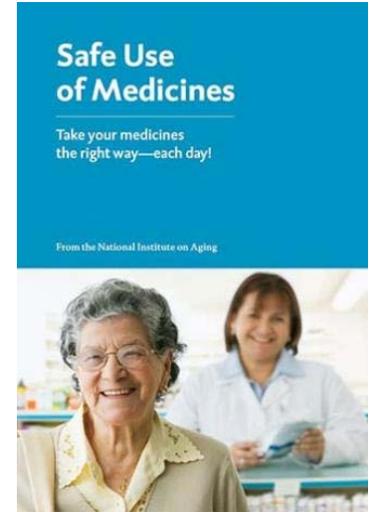
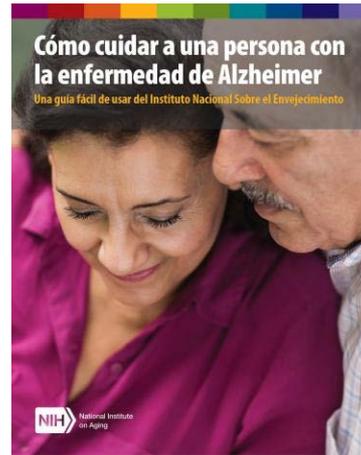


# Resources and Materials

[Free publications](#) from the U.S. Department of Health & Human Services, [NIMH](#), and the National Institute on Aging

[MedlinePlus](#)

[Virginia Breast Cancer Foundation](#)



# Health Library/ Fit Kits



## Kit 4: Hand Therapy Kit



### 6 Pieces

- Three 2-inch massage balls
- Finger massager
- Exercise guide
- Book: *The Ariana Institute Advanced Massage Therapy Techniques: Manual* by Ariana Vincent and Kam Magor





# Grants



# Staff Need to be Healthy Too

Under-desk bikes

Walking meetings

City of Charlottesville Wellness  
Committee



Questions?