
HEALTH & WELLNESS: LIVE YOUR BEST LIFE

*Resolution: Healthy
Eating in 2021!*

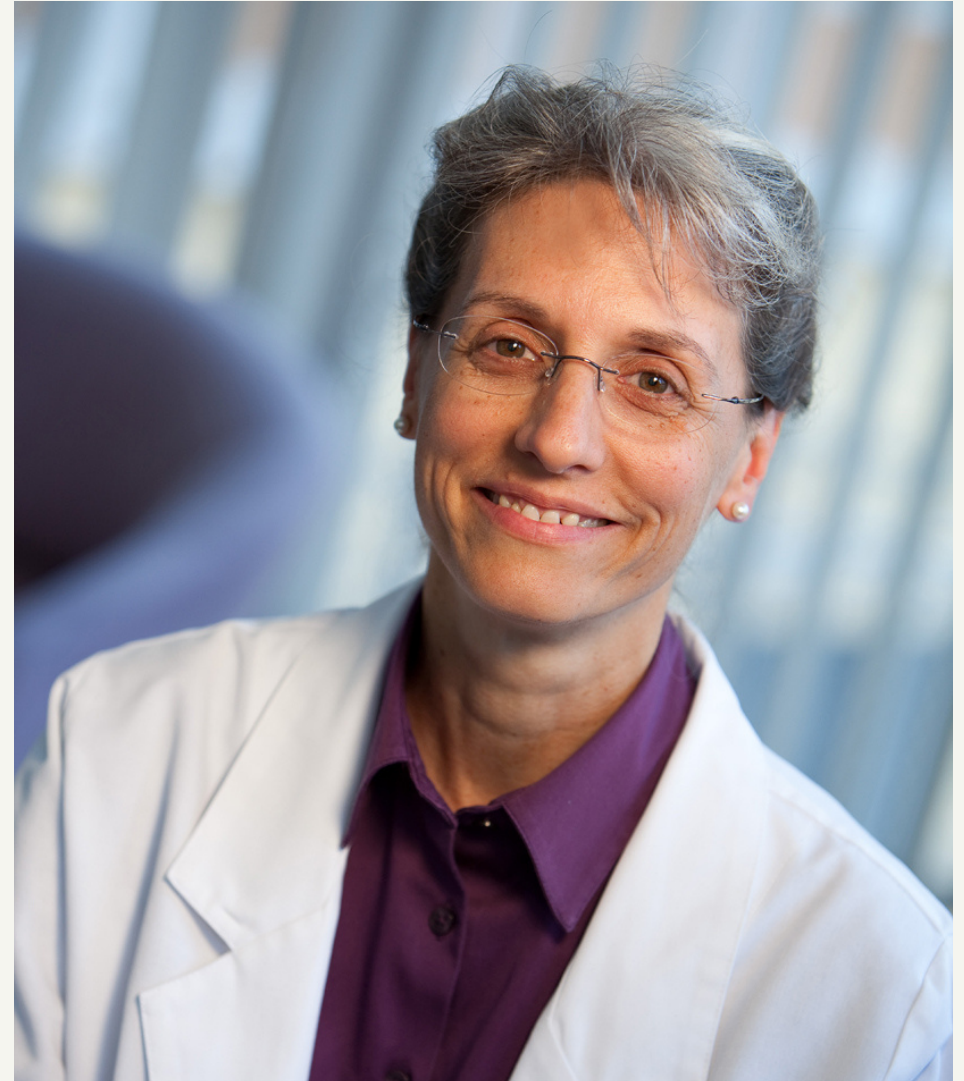
This program, held on January 12th, was the first of a monthly series of new health and wellness programs the library will be offering in 2021. The series, Health & Wellness: Live Your Best Life, is funded by the Allen Foundation whose strong belief is that health and wellness begin with good nutrition.



MEET CHEF LAURA!

Laura McCain, DE, CDE, CNSC

Laura received her BS in Medical Dietetics from the University of Illinois and her associate degree in Culinary Arts from NMC's Great Lakes Culinary Institute. She has worked at Munson for 22 years and is currently working there as an inpatient dietitian. Laura's chef degree has been an immense help to her when she is teaching others how to make healthy food taste great.



CHEF LAURA'S RECIPES!

A HEALTHY, TASTY AND
EASY MEAL TO MAKE
WHEN TIME IS SHORT!



Chicken
Fettuccine



Skillet
Broccoli

HEALTHY COOKBOOKS AT IPL!

Bowls of Plenty : Recipes for Healthy and Delicious Whole-Grain Meals

byCarolynn Carreno.

Double Delicious!: Good, Simple Food for Busy, Complicated Lives

by Jessica Seinfeld

Fast, Fresh & Green: More than 90 Delicious Recipes for Veggie Lovers

by Susie Middleton

New Mediterranean Diet Cookbook: a Delicious Alternative for Lifelong Health

by Nancy Harmon Jenkins

Your Kids: Cooking: a Recipe for Turning Ordinary Kids Into Extraordinary Cooks

by Barbara J. Brandt

FEBRUARY IS AMERICAN HEART MONTH!



Exercise & Heart Health Tuesday, February 16 1:30-3 pm via Zoom

During February, Americans are encouraged to learn more about heart health and reduce their risk factors for developing heart disease. Join us at our class and learn how exercise improves heart health, plus the additional benefits that being active can provide for your overall health. David Block, ACSM, CCEP, our presenter is a Certified Clinical Exercise Physiologist at Munson's Cardiac Prevention and Rehabilitation Department.

To register, email jransom@tadl.org and you will receive a confirmation email with the details needed to join this Zoom event. Class size is limited to 15.