

We can help you fill those chairs!

Wellness Lending Library

Need an interesting presentation for your ladies group, civic organization, or church group? We can help you fill those chairs!

Through special grant funding, thirty-minute videos and user-friendly discussion guides are available for groups to borrow to facilitate dialogue among participants. Each video is 15-20 minutes long. Call 252-522-7014 to reserve a video at no fee.

Topics include: · Heart Disease Risk Factors · High Blood Pressure · Stroke: Reducing the Risk · Nutrition: Shop Healthy, Cook Healthy · Nutrition: Restaurants, Fast Food and Parties · Weight Control: Losing Weight and Keeping it Off · What is Diabetes? (Type 2) · Living with Arthritis · Breast Cancer: Your Guide to Self-Awareness (includes breast self exam instructions) · Osteoporosis · Menopause · End of Life Issues · The Art of Aging · Twisted (a neurological disorder journey)

