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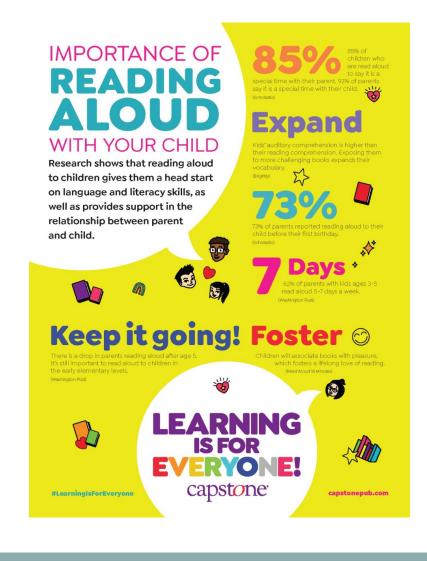
health@kclibrary.org

816.701.3672 October 2024

November

DID YOU KNOW...

... health is about more than just nutrition, sleep and fitness? Mental health physical, financial or occupational. However, one aspect of health that you don't hear much about is *social* health. Things like access to quality education and healthcare, economic stability, healthy neighborhoods and building strong communities and families. Studies show that reading to young children improves their language and literacy skills, and it's linked to both better behavior and better health and stronger bonds between parent and child.



Want to start but don't know how?

Try these tips from the New York Public Library:

- All reading is good reading! (Yes, even comics or nonfiction!)
- 2. Find a comfortable space. (Being cozy creates loving connections)
- 3. Slow down.
- 4. Ask and answer questions together. (and if you don't know.. It's okay to say that!)
- 5. Be yourself.
- 6. Read ahead (so you know what happens in the story and can prepare)
- 7. Embrace wordless picture books.
- 8. Don't worry about age or grade level.
- You don't have to finish a book. (especially if your *audience* isn't interested)
- 10. Make reading aloud part of your routine.



816.701.3672 September 2024

Health and Wellbeing Events

| CENTRAL | LUCILLE H. BLUFORD | PLAZA |
|---|--|--|
| Creative Wellness and Recovery Group (Saturdays, 11 a.m., Room 314) Mindful Movement Qigong (Every Wednesday, 5:30 p.m., Room 314) Relax in the Stacks Meditation (11/07 and 11/21, 12 p.m., Helzberg Auditorium) Yoga for Connection (11/07, 1 p.m., Helzberg Auditorium) | NickiFit Body Sculpt (Every Tuesday, 6 p.m.) NickiFit MixxedFit (Every Thursday at 6 p.m.) Mindfulness of Taste (11/18, 12 p.m.) Mindfulness of Smell (11/25, 12 p.m.) | Fall Yoga Series (Every Wednesday, 6 p.m.) Death Café (11/13, 7 p.m.) |
| IRENE H. RUIZ | NORTHEAST | SUGAR CREEK |
| • Yoga (Every Thursday, 9 a.m.) | TempleMade Youth Fitness (Every Wednesday 5:30 p.m.) Yoga (Every Thursday 6:30 p.m.) Smooth Sailing: Navigating Brain Health (11/30, 9 a.m.) | • Medicare and SNAP Questions Answered (11/19, 3 p.m.) |
| SOUTHEAST | TRAILS WEST & WESTPORT | WALDO |
| Cooking Matters (Every Wednesday, 1 p.m.) Smooth Sailing: Navigating Brain Health (11/15, 11 a.m.) Medicare 101: Get the Basics (11/18, 5 p.m.) Death Café (11/26, 4 p.m.) | Check back next month! *Events intended for those 18 and older Programs at the Kansas City Public Library are appropriate for all ages un- less otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or ADA2kclibrary.org (866.520.7309 for Spanish). | MixxedFit (Every Monday, 6 p.m.) Medicare Made Easy (11/25, 5 p.m.) |