



Kansas City  
Public Library

# August

[kclibrary.org](http://kclibrary.org)

[health@kclibrary.org](mailto:health@kclibrary.org)

816.701.3672

## How do I know what Health Information to Trust?

In a world flooded with contradicting health advice—especially on social media where likes and clicks often matter more than truth—it can be hard to know what's accurate. That's why the Kansas City Public Library has created a Health Misinformation Packet to help you find reliable health resources and make informed decisions for your health. Here are a few quick tips to help you spot and stop health :

- **Ask questions.** Does the claim seem too good to be true? Does it make sense?
- **Check the source.** Was it written by a health care professional or credible organization?
- **Verify it.** Type the claim into a search engine and see if trustworthy sites like [MedlinePlus.gov](http://MedlinePlus.gov) back it up.
- **Be cautious with social media.** Misinformation often spreads through eye-catching memes, edited videos, or outdated images shared without context.
- **Talk to a professional.** Always check with a doctor or nurse before acting on health advice you find online.

You can download the packet at  
[kclibrary.org/health](http://kclibrary.org/health) or ask a  
librarian to assist you!

## Your Guide to Health Misinformation

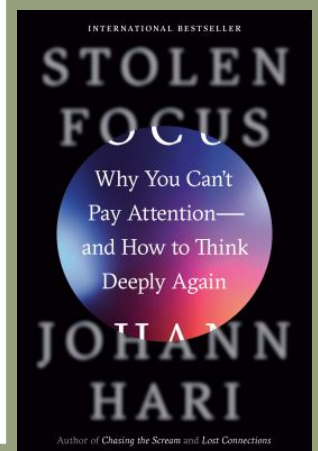
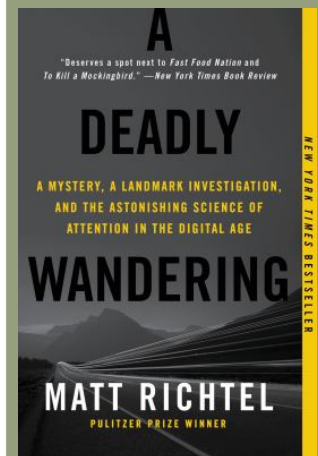
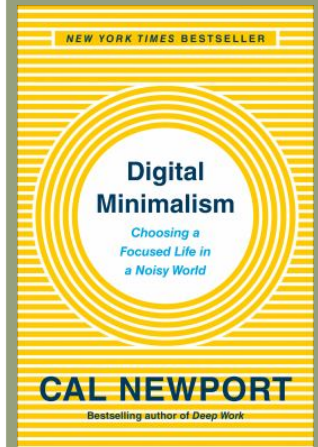
This packet helps you understand and combat false health information. It teaches you how to identify unreliable sources, debunk common myths, and make better health decisions based on facts, protecting you from dangerous misinformation.



Community Learning Specialists  
#PVA-41833 06/17/25



Feel  
unfocused?  
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attention with  
these books!





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## Health and Wellbeing Events

Central		Irene H. Ruiz	Lucile H. Bluford
 <b>*Midday Moving Meditation</b> 8/7, 8/21 12-12:30pm	<b>***Check back next month for more programming!</b>	 <b>*200 Tough Workout</b> Every Tuesday, 6pm-7pm	
 <b>*NAMI Connection: Recovery Support Group Meeting</b> 8/11, 1-2:30 pm		 <b>Community Health Fair</b> 8/19, 10am-2pm	
 <b>Toddler &amp; Me Dance Class</b> 8/20, 10 - 10:45 am		 <b>*MixedFit</b> Every Thursday, 6-7 pm	
		 <b>Care Beyond the Boulevard</b> 8/26, 10am-2pm	
North East		Plaza	Southeast
 <b>*Yoga</b> Every Thursday, 6:30-7:30pm	 <b>*Blood Drive</b> 8/8, 1-5 pm	 <b>*SNAP Outreach Program</b> Every Tuesday, 11-1 pm	
	 <b>*Death Cafe</b> 8/13, 7-8 pm	 <b>*Midday Yoga</b> 8/2, 8/9, 8/16, 12-1 pm	
	 <b>Summer Yoga</b> 8/6, 8/13, 8/20, 6- 7 pm	 <b>*Medicare &amp; You</b> 8/18, 1-2 pm	
Waldo		Plaza Special Event	Southeast (continued)
 <b>*Senior Chair Yoga</b> Every Tuesday & Friday, 1:30-2:10pm	 <b>'Rehab: An American Scandal'</b> 8/19, 6-7pm	 <b>*Death Cafe</b> 8/26, 4-5 pm	
 <b>MixedFit Class</b> Every Monday, 6-7pm		 <b>Tai Chi</b> 8/21, 8/28, 11am-12pm	
Westport		Trails West	<b>**RSVP requested at <a href="http://kclibrary.org">kclibrary.org</a></b> <b>*Events intended for those 18 and older</b> Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or <a href="mailto:ADA@kclibrary.org">ADA@kclibrary.org</a> (866.520.7309 for Spanish).
 <b>*Tai Chi</b> Every Tuesday, 12-1 pm	<b>***Check back next month for more programming!</b>		
 <b>KC Care Clinic</b> Every Tuesday, 12-5 pm			
		 Kansas City Public Library	<b>Community Learning Specialists</b>