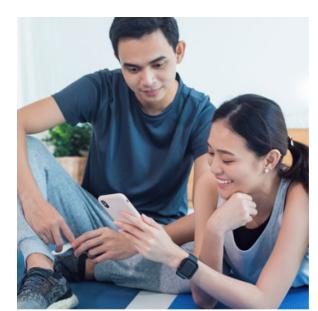


Whether you're interested in nutrition, fitness, mental health, or holistic well-being, you'll find a diverse selection of online resources, and in-person programs to guide you on your health and wellness journey.



### Online Databases and Resources

Visit our <u>Health & Wellness Resources</u> page for online resources. Access trustworthy websites, digital health journals, and educational platforms to delve into specific health conditions, explore alternative therapies, and access the latest medical research. Discover fitness, nutrition and cooking magazines, streaming music to fuel your workout, PLUS online classes about gardening, healthy dieting recipes, handling medical emergencies, and much more.



#### Recommended Reading

Our staff has curated a list of <u>acclaimed health</u> <u>and wellness books</u>, <u>eBooks and eAudiobooks</u> to help put your mind and body at ease.



### In-Person Events & Programs

Browse our event calendar to find a variety of upcoming programs and events, from support groups and workshops, to fitness classes, music therapy, and more. Search our <a href="Event Calendar">Event Calendar</a> and select Health & Wellness in the Event Type to see a list of all upcoming activities.





## And Don't Miss These Upcoming Events

Seating in our venues is on a first-come, first-served basis and may be limited. Please visit our <u>website</u> for the most updated program information.



Tuesday, December 12 11 a.m. Online Event



Tuesday, December 12 12:30 p.m. East Las Vegas Library



Wednesday, December 13 3 p.m. Clark County Library



Saturday, December 16 3 p.m. <u>Windmill Library</u>



Saturday, December 16 5 p.m. <u>West Charleston Library</u>



December 21 – 23 & December 26 – 30 Begins 10 a.m. Rainbow Library





BROWSE OUR FULL EVENT CALENDAR HERE

More to Explore in the Community

# THE MOB MUSEUM

Library Cardholders Get \$5 Discount Off Mob Museum Admission for a Limited Time

**For December only,** library cardholders get \$5 off the already discounted Nevada residents' price! This discount is good for up to four tickets for this popular Downtown attraction. Just present your library card at the Mob Museum box office, and your tickets will cost just \$11.65 each for your four guests. Please Note: This offer cannot be combined with any other offers; is only available for general admission; and cannot be applied to the purchase of experiences, or food and beverages in The Underground Speakeasy. Plan your trip by visiting the The Mob Museum website. Offer ends December 31, 2023.



Las Vegas-Clark County Library District 7060 W. Windmill Ln. Las Vegas, NV 89113 702.734.7323 TheLibraryDistrict.org







