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 **Health & Wellness Resources** page for online resources, trustworthy websites, digital health journals, and educational platforms to delve into the topics of health and wellness. Explore health-related articles and ongoing programs focusing on mind-body connection, nutrition, fitness, mental health, and more.

Recommended Reading
Our staff has curated a list of **acclaimed health and wellness books, eBooks and eAudiobooks** 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 activities, to fitness classes, music therapy, and more. Visit our **Event Calendar** and select **Health & Wellness** in the Event Type to see a list of all upcoming activities.

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 Mob Museum website. Offer ends December 31, 2023.

Las Vegas-Clark County Library District
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Click here to manage your preferences.