



KÉEPS MÉ HEALTHY

- Blood Pressure
- Glucose (Blood Sugar)
- Cholesterol
- BMI (Body Mass Index)

Learn about Library resources that can help keep you healthy!

## Health Event Times and Locations

## Health Information & Health Screenings at Select Locations until August 2016

**Cepeda Branch** | 651 N. Pleasant Valley Rd. Mondays, 2 – 4 PM

**Terrazas Branch** | 1105 E. César Chávez St. Tuesdavs, 11 - 1 PM

**St. John Branch** | 7500 Blessing Ave. Tuesdays, 2 – 4 PM

Faulk Central Library | 800 Guadalupe St. Wednesdays, 11 - 1 PM

**Little Walnut Creek Branch** | 835 W. Rundberg Ln. Wednesdays, 2 - 4 PM

Willie Mae Kirk Branch | \*Coming Soon

Check out our website for more FREE health events, such as Zumba,
Strength Training, Health and Wellness series, Healthy Living with Type 2
Diabetes, Yoga & more.

Funded by the U.S. Institute of Museum and Library Services through

Funded by the U.S. Institute of Museum and Library Services through a grant to the Texas State Library and Archives Commission. (2016)



library.austintexas.gov/health 512-974-7400 Free and open to the public





