

Welcome!

Thank you for joining us at the Health and Wellness Expo! This event is presented by the Kenton County Public Library in partnership with community organizations & local professionals in the wellness field. We invite you to enjoy the many wellness program offerings today. Also, meet representatives from our partner organizations on the Main Floor.

LIBRARY MATERIALS

Please take a look at a selection from the Health & Wellness collection available for check-out today with your library card.



WELLNESS FOR ALL

The Kenton County Public Library is dedicated to bringing wellness to the community at no cost to library patrons. We believe that health and well-being should be accessible to all.

For more information on free programs available at the library, please check out our Health & Wellness page at kentonlibrary.org/wellness

Inquiries please contact:
Erin DeSantis, Health & Wellness Librarian
erin.desantis@kentonlibrary.org
859-962-4068



KENTON COUNTY
PUBLIC LIBRARY

502 Scott Blvd. Covington, KY 41011

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HEALTH *and* WELLNESS EXPO

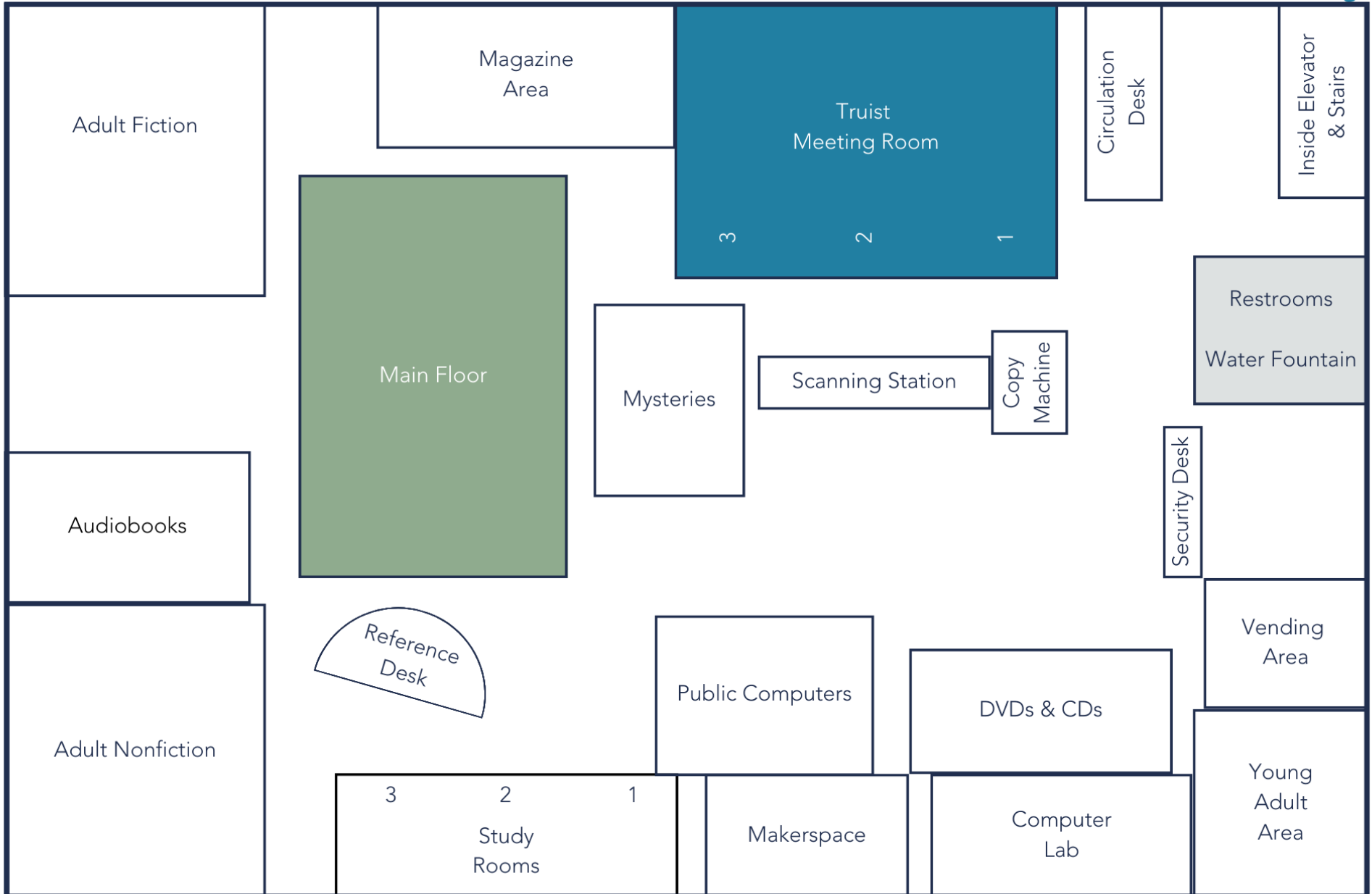
January 28, 2023
11:00AM - 3:00PM



HEALTH & WELLNESS EXPO

Saturday, January 28th

Children's Activity Room
located downstairs





- *The Alchemist* by Paulo Coelho
- *Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear
- *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life* by Dacher Keltner
- *Be Here Now, Remember* by Ram Dass
- *The Blue Zones Kitchen: 100 Recipes to Live to 100* by Dan Buettner
- *Breathe In, Breathe Out: Restore Your Health, Reset Your Mind and Find Happiness Through Breathwork* by Stuart Sandeman
- *Clean Mind, Clean Body: A 28-day Plan for Physical, Mental, and Spiritual Self-Care* by Tara Stiles
- *Core Strength Training* by DK
- *Cozy: The Art of Arranging Yourself in the World* by Isabel Gillies
- *The Cut: Lose Up to 10 Pounds in 10 Days and Sculpt Your Best Body* by Morris Chestnut
- *The Defined Dish* by Alex Snodgrass
- *Everything Is Figureoutable* by Marie Forleo
- *Fitness For Everyone* by Louise Green
- *The Four Agreements* by Miguel Ruiz
- *Freeze Fresh* by Crystal Schmidt
- *The Genius Life* by Max Lugavere
- *Go Gently* by Bonnie Wright
- *H is for Hawk* by Helen Macdonald
- *Happiness Is a Choice You Make* by John Leland
- *The Healing Self* by Deepak Chopra
- *How Are You, Really* by Jenna Kutcher
- *The Illuminated Breath* by Dylan Werner
- *Intuitive Eating for Life* by Jenna Hollenstein
- *Lavender: 50 Self-Care Recipes and Projects for Natural Wellness* by Bonnie Louise Gillis
- *The Light We Carry* by Michelle Obama
- *Lighter* by Pueblo Yung
- *The Little Book of Game Changers* by Jessica Cording
- *Living in the Light* by Deepak Chopra
- *Living Kindness* by Kevin Edward Griffin
- *Medical Medium Brain Saver Protocols* by Anthony William
- *Mind Fuel* by Bear Grylls
- *101 Ways to Be Less Stressed* by Caroline Leaf
- *Outer Order, Inner Calm* by Gretchen Rubin
- *Pain-free Joints* by Jwing-Ming Yang
- *Positively Unstoppable* by Diamond Dallas Page
- *Rest Is Resistance* by Tricia Hersey
- *Science of HIIT* by Ingrid S. Clay
- *The Self-care Solution* by Jennifer Ashton
- *Sleep Reimagined* by Pedram Navab
- *Sorry I'm Late, I Didn't Want to Come* by Jessica Pan
- *Strong and Lean* by Mark Lauren
- *The Sugar Jar* by Yasmine Cheyenne
- *Survival of the Thickest* by Michelle Buteau
- *The Sustainable Mediterranean Diet Cookbook* by Serena Ball
- *Tai Chi Illustrated* by Pixiang Qiu
- *To Love and Let Go* by Rachel Brathen
- *Train Like A Bodybuilder at Home* by Erin Stern
- *Wake up Grateful* by Kristi Nelson
- *The Whole Body Reset* by Stephen Perrine
- *Year of Yes* by Shonda Rhimes
- *Your Time to Thrive* by Marina Khidekel

TIPS FOR WELL-BEING

- Setting boundaries
- Connecting with nature
- Getting enough rest
- Cultivating creativity
- Staying active
- Connecting with others
- Practicing self-reflection
- Finding your purpose

VOLUNTEER OPPORTUNITIES

The KCPL Health & Wellness program is growing and we are actively looking for volunteers to teach health and wellness classes to the community. There are also opportunities to assist library staff during programs.

Inquiries please contact:
Paul Duryea, Covington Branch Manager
paul.duryea@kentonlibrary.org
859-962-4074

PARTNERING ORGANIZATIONS

- Alzheimer's Association
- Be Concerned
- Art Equals
- Cancer Support Community
- Cincinnati Children's Hospital
- Essence Healthcare
- Family Nurturing Center
- Fit 4 Mom
- Florek Family Chiropractic
- Gravity+
- Headache Center of Hope
- Humana Medicaid
- Live Your Style
- Make Health A Habit
- The Massage Clinic by Gateway
- Mason Rainbow
- The Massage Clinic by Gateway
- Meridian Clinical Research
- Northern Kentucky Community Action Commission, Headstart
- Northern Kentucky Health Department, Active Living/Healthy Eating & Tobacco Education
- Northern Kentucky Office of Drug Control Policy
- OneStop Help Center Passport by Molina Healthcare
- Optimal Life Home Therapy
- The PIER Recovery Community Center
- Thrive Empowerment
- Velocity Clinical Research

SIMPLE WAYS TO DESTRESS

- Take a walk or a bike ride around your city
- Do something creative, like painting or dancing
- Call a friend or loved one to talk
- Do some mindful journaling or a meditation session
- Spend time off social media. Turn you phone off!

Thank You!

For attending the Expo, we look forward to seeing you next year.

Please let us know if you have any suggestions for improving the event or any wellness programs you would like to see at your local library branch.



KENTON COUNTY
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ADULTS & TEENS

11:00AM - 11:15AM | Truist Meeting Room

EXERCISES TO IMPROVE YOUR POSTURE

Mandy Smith of Optimal Life Home Therapy teaches techniques for improved posture.

11:15AM - 11:45AM | Truist Meeting Room

HEADACHE CLINIC: FIVE WAYS TO AVOID A HEADACHE

Dr. Hope O'Brien presents her knowledge and research on headaches.

11:45AM - 12:15PM | Truist Meeting Room

CHAIR YOGA

Lynn Molitor guides a gentle, accessible yoga class.

12:15PM - 12:45PM | Truist Meeting Room

MINDFUL ART

Learn about using art as a tool for mindfulness with Charlotte Reed from Art Equals.

12:45PM - 1:00PM | Truist Meeting Room

STROLLER STRIDES WORKOUT

Corinne Wooster of Fit 4 Mom demonstrates a workout for busy moms on the go.

1:00PM - 2:00PM | Truist Meeting Room

SWET DANCEFIT

Helen Varela leads an exciting session of SWET, a high intensity, dance-inspired workout.

2:00PM - 2:30PM | Main Floor

HEART & SOUL SKIPPERS JUMP ROPE TEAM

Heart and Soul Skippers Jump Rope Team performs an exciting routine.

2:30PM - 3:00PM | Truist Meeting Room

HEALTHY COOKING = HEALTHY LIVING

Lisa Andrews of Sound Bites Nutrition teaches how to prepare a spinach salad with fresh, in-season fruits and vegetables. Samples will be available for tasting.

2:30-3:15PM | Main Floor

TAI CHI

Enjoy a relaxing Tai Chi practice with Master Greg Fahey of the Northern Kentucky Shaolindo.



UPCOMING WELLNESS PROGRAMS

Lunchtime Flow Yoga Class

February 2 | 12:15PM - 1:00PM | Covington

Zumba Gold! Dancing to the Oldies

February 6 | 10:00AM - 11:00AM | Independence

SWET Dancefit

February 7 | 7:00PM - 8:00PM | Erlanger

Chair Yoga

February 10 | 11:00AM - 11:45AM | Erlanger

Karma Kids Yoga

February 12 | 2:00PM - 3:00PM | Covington

Reflections in Nature, Meditation

February 18 | 10:30AM - 11AM | Covington

Belly Dancing with Emily Marie

February 18 | 2:00PM - 2:30PM | Covington

Memory Café

February 22 | 1:00PM - 2:00PM | Independence



CHILDREN



11:00AM- 12:00PM | Children's Activity Room

HEALTHY COOKING

The best way to learn how to cook, is to do it – the best part of cooking is eating what you make! Taught by Ms. Meredith, future chefs can explore fun, easy and healthy recipes, learning the origin and flavor of ingredients, the cultures that celebrate these foods, and step-by-step instructions on how to prepare delicious dishes! Limited to the first 15 in attendance.

12:00PM - 12:30PM | Children's Activity Room

FIT & FUN!

This session will focus on teamwork, social-emotional learning, and leadership and cooperative skills in a way that encourages lifelong, healthy decision making. Kids will leave this class smiling, sweaty, and with fitness and nutrition facts to enhance their health and self-esteem



12:30PM - 1:00PM | Children's Activity Room

DANCE!

Enjoy moving to the beat in this super fun dance class!

1:30PM - 2:00PM | Children's Activity Room

HULA HOOP FUN

Learn to be a hula hoop superstar with fun games and activities using everyone's favorite plastic circle.

2:00PM - 2:30PM | Children's Activity Room

MMA

This class mixes traditional and modern techniques of mixed martial arts. Kids will leave with a safe, yet solid, basic understanding of the art form and sport.



ALL AGES

11:00 AM - 3:00 PM | Main Floor

DIY SELF-CARE STATION

Stop by the Library's self-care station to create your own bath bomb, sugar scrub, or essential oil spray. While supplies last.

DOOR PRIZES

Check out the water bottles & mugs made in the Makerspace. Please fill out a raffle entry for your chance to win one.



SET AN INTENTION FOR THE DAY

Take a moment, notice your breath and set an intention for the present moment.

Intention suggestions:

- I am present in this moment.
- I prioritize my health.
- I remain open to new experiences.
- I embrace joyful movement.
- I honor my body/mind.
- I do the thing that scares me.
- I invest in my wellbeing.
- I live my life with purpose.

