

The role of libraries in community wellness

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The Role of Libraries in Community Wellness

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Purpose

We wanted to provide information and suggestions for ways The University of Toledo (UT) community could develop new habits or reestablish healthier behavior patterns. We did this by providing information on programs available at UT and in the surrounding community.

Setting

The Mulford Library (Health Science Campus) serves 5174 faculty and staff, 1806 undergraduate students, and 1509 graduate students. The Carlson Library (Main Campus) serves 926 faculty and staff, 13,199 undergraduate, and 2323 graduate students.

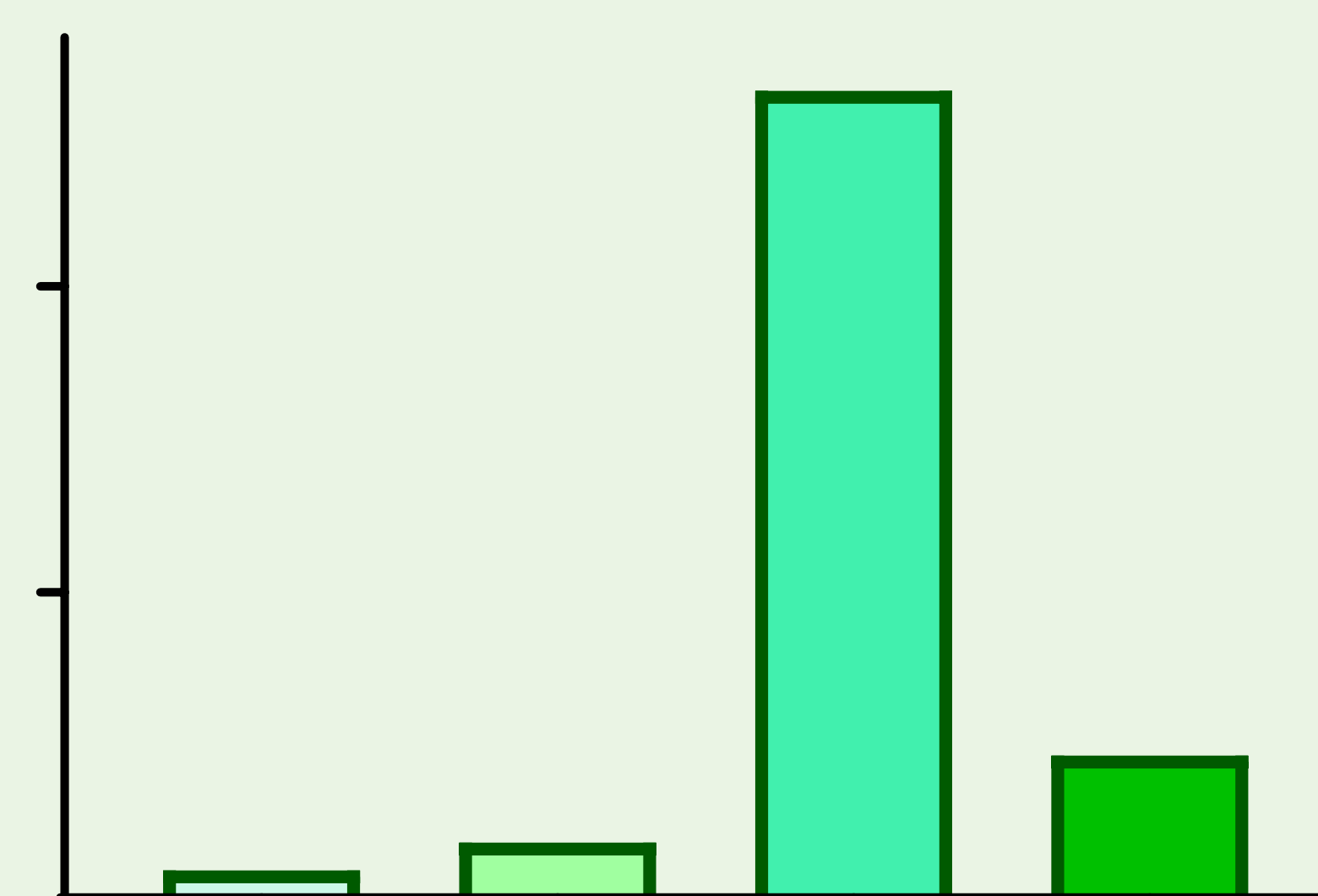
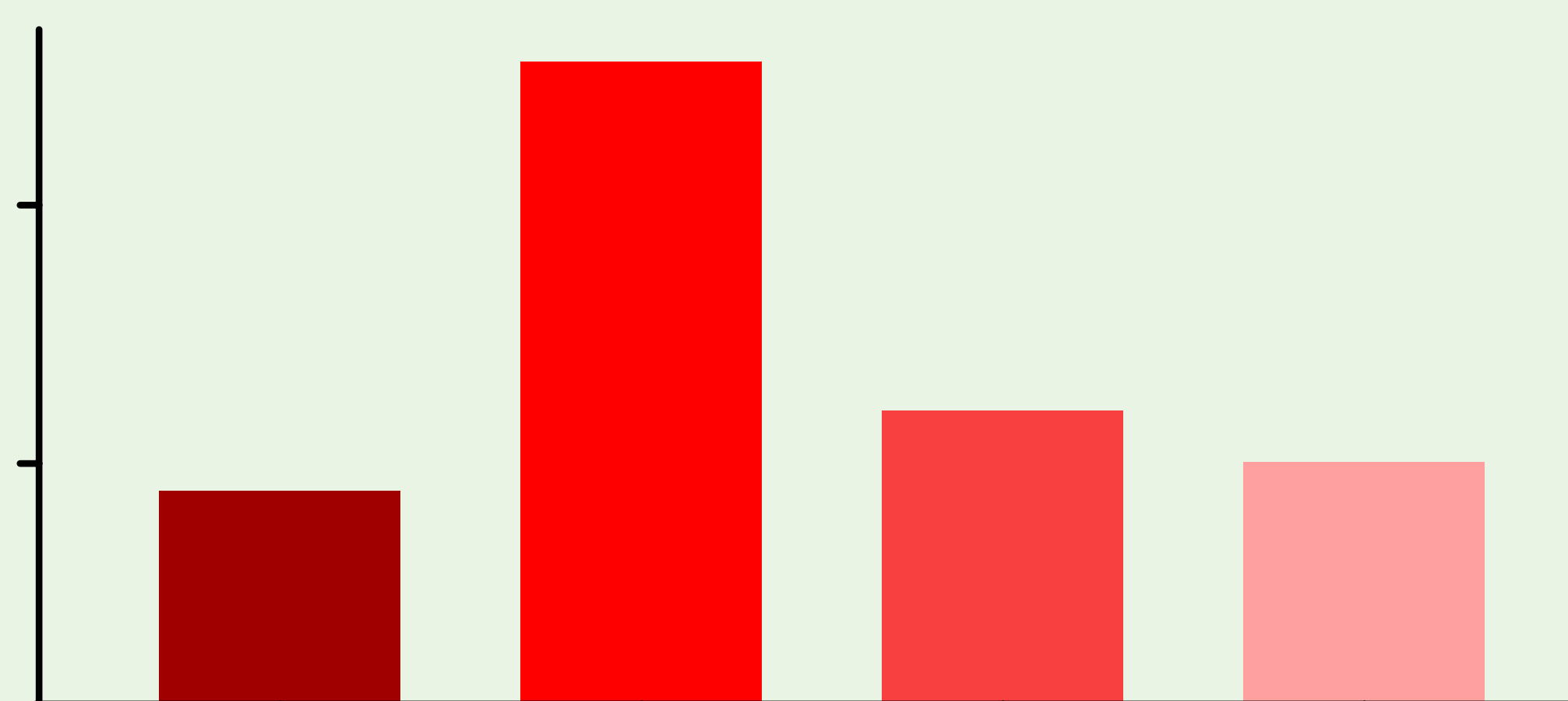
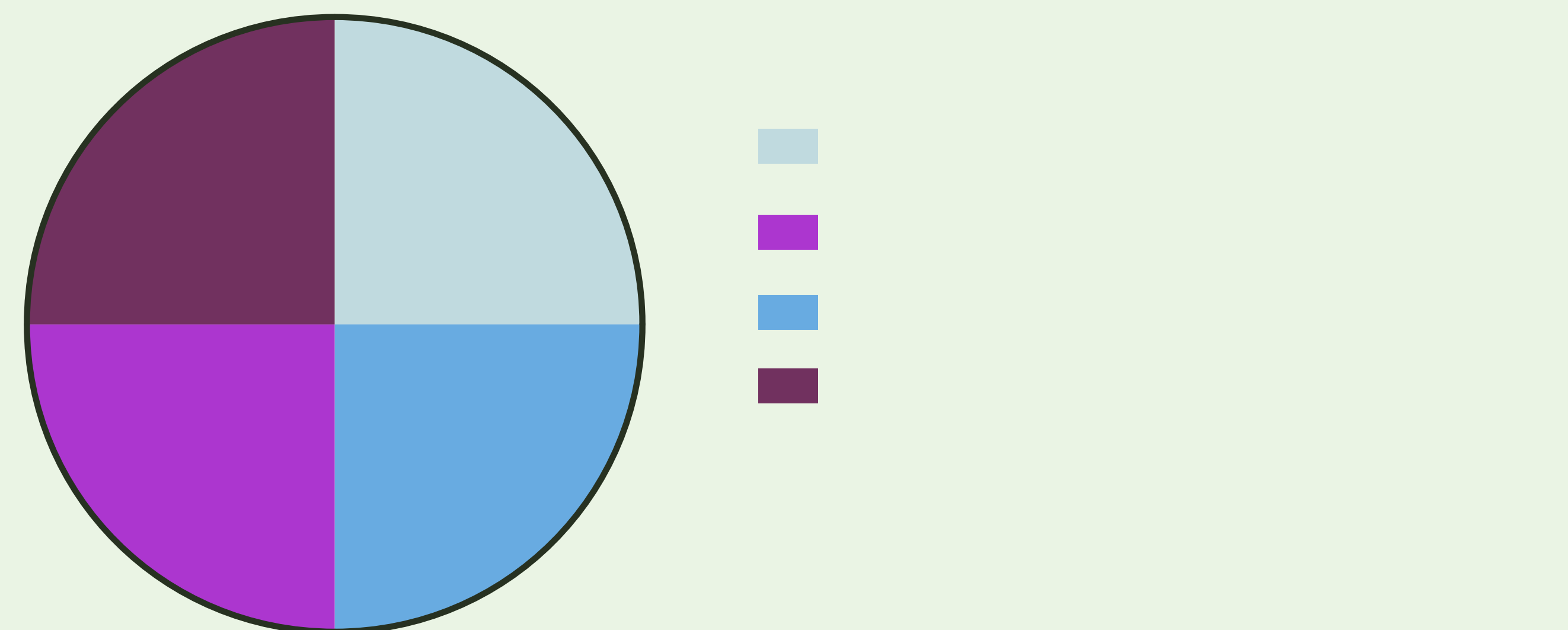
The different campus demographics required creating a program, which we would appeal to a broad audience.

Participants

Anyone could participate, but only UT faculty, staff or students could win prizes.

Brief Description

We created a Library Guide, which listed health, nutrition, and fitness opportunities on the UT Campus and in the greater Toledo area. We wanted to create a way for anyone, regardless of fitness level, to participate. To accomplish this, we created a Bingo Challenge, which had categories for healthy habits, nutrition, fitness, and cultural or dining opportunities, and worked with campus and community members to provide prizes for participants. The activities in the categories included *free squares*. We provided suggestions, located on the reverse side of the Bingo Card, for free squares.



Future Plans

In late September or early October, we will connect with our partners from 2018 and begin planning our 2019 event. New additions for next Spring include:

- **Kickoff Event** – Offer a health and information fair so that UT groups and community members have an opportunity to talk about programs, events, and services.
- **Concluding Event** – The UT Physicians Assistant program will be planning an event to conclude this event next year.

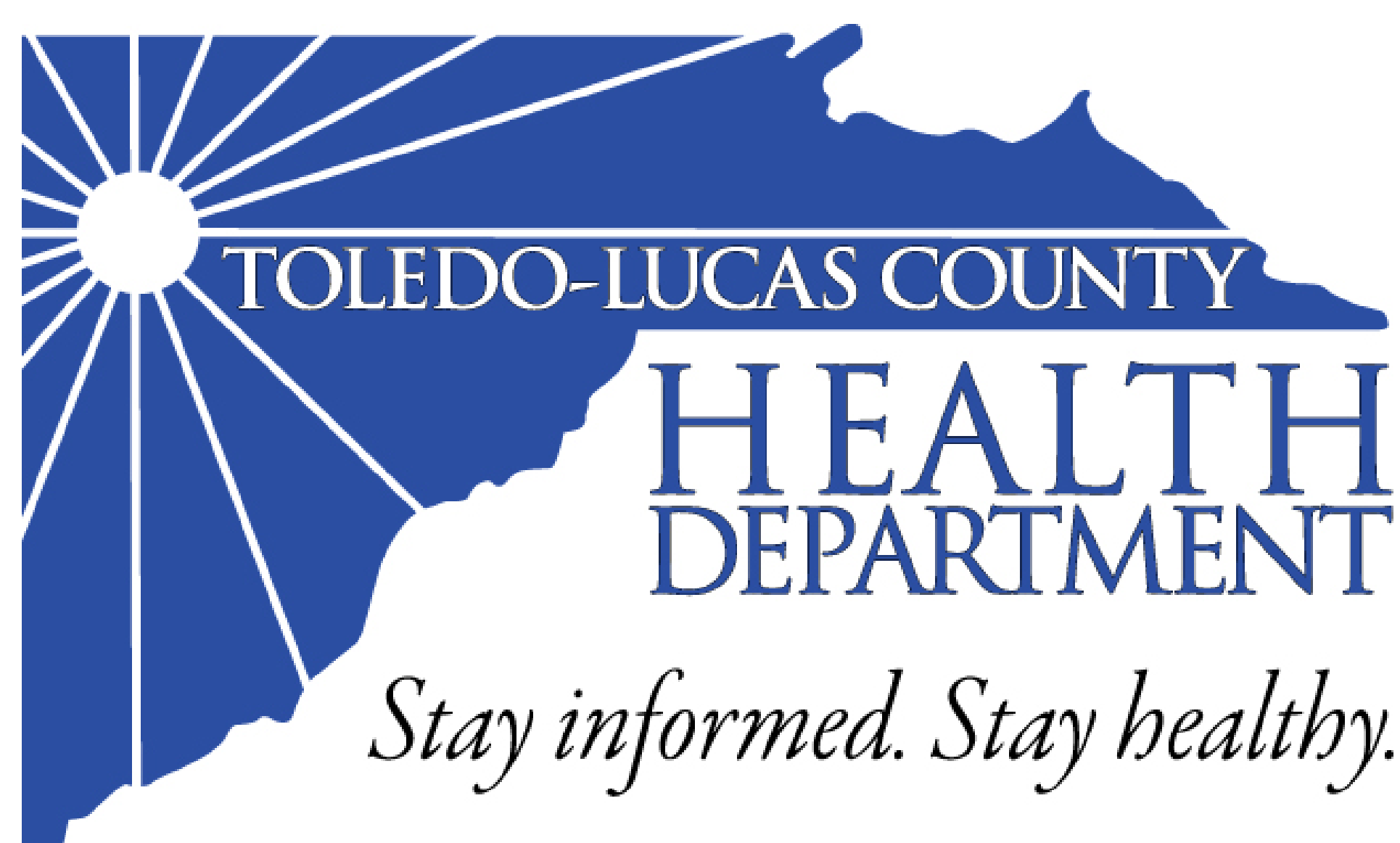
Acknowledgements

- UT Changing Health, Attitudes, and Actions to Recreate Girls (CHAARG) Student Chapter
- UT Human and Fitness Professionals Association
- UT Library Colleagues Alyssa Slotke, Janice Flahiff, and Elaine Reeves.

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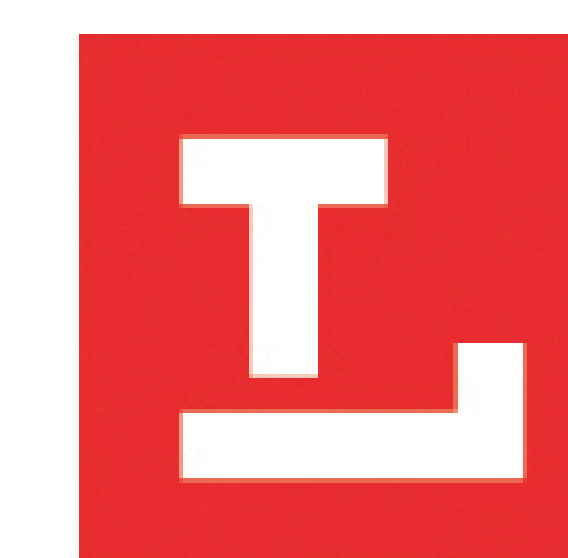
Our 2018 Spring Into Better Habits Collaborators



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