

# Get Healthy @ Your Library

Free Health Lectures @ Santa Clara County Libraries, Summer 2009

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## Get Your Brain Going! Start with Your Feet!

Physical activity is great for your brain—don't let painful feet be a barrier. Learn health secrets for happy feet from podiatrist Leslie Oldenbrook, D.P.M. and receive a free foot health screening.

**Thurs, May 21, 12 –1:30 p.m. • Saratoga Library, 13650 Saratoga Ave., Saratoga 95070**

## Ayurvedic Medicine: Ancient Wisdom for Your Health Today

The fundamentals of this traditional Indian therapeutic approach will be presented by Prema Rao, PH.D. Learn how this “science of life” philosophy can improve your mind / body / spirit.

**Tues, June 9, 7–8:30 p.m. • Milpitas Library, 160 North Main St., Milpitas 95035**

## Aging in Place: Keeping Your Home and Yourself Safe

Simple, cost-effective ways to prevent falls and make your home more senior-friendly will be described by Tim Lynds of Rebuilding Together Silicon Valley. The nonprofit agency provides free home repair and modification services for disabled and senior homeowners. Mark Biehl of North Coast Medical will talk next about unique devices to make daily household activities easier. Hazel Simin, an occupational therapist with the firm, can talk individually with you about your home safety and personal activity concerns after the joint presentation.

**Wed, June 24, 10:30 a.m.–12 • Morgan Hill Library, 660 West Main Ave., Morgan Hill 95037**

## Yes, You Can! Exercise Tips for All Ages, Sizes, and Fitness Levels

Learn techniques for getting past your excuses or reasons for not exercising. All forms of activity count, no matter how small you may think they are. Fitness expert Tami Anastasia, M.A., is author of *Toward a Magnificent Self: the Exercise Book for Every Body*, available for purchase & signing.

**Sat, June 27, 2–3:30 p.m. • Cupertino Library, 10800 Torre Ave., Cupertino 95014**

## Building Better Bones with Safe, Effective Exercises

Sherri Betz, P.T, author of the *Osteoporosis Exercise Book*, presents key information, helpful motivation, and weight-bearing exercises to stave off or manage osteoporosis.

**Thurs, July 30, 10:30 a.m.–12 • Saratoga Library, 13650 Saratoga Ave., Saratoga 95070**



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