Stark County District LIBRARY

715 MARKET AVENUE NORTH
CANTON, OH 44702

330.452.0665
www.StarkLibrary.org

IAIN | BOOKMOBILE | DEHOFF | EAST CANTON | JACKSON | LAKE | MADGE YOUTZ | NORTH |
PERRY SIPPO | PLAIN | SANDY VALLEY

NEWS RELEASE
FOR IMMEDIATE RELEASE

CONTACT
Stephanie Soduk, Public Relations and Development Manager
Phone: 330.458.2699
Email: ssoduk@starklibrary.org

Library to host free health, wellness and fitness events

March 29, 2016 (Canton, Ohio) – Stark County District Library is hosting three free health events which will address general health, fitness, diet, and e-health devices.

On Wednesday, March 30 from 2:00 p.m. – 4:00 p.m. the Perry Sippo Library will host, "New Year, New You, Tracking your Health through Technology." The program will teach attendees about the innovative technological apps and devices that help people stay on track with their health and wellness. Attendees will have the opportunity to test some of the devices and learn about programming from Stark Parks that will help them achieve their health goals and utilize some of the new technology.

On Wednesday, March 30 from 10:00 a.m. - 12:00 p.m. the Lake Community Library will host, "Spring Health and Fitness Fair." The health fair will include representatives from the Alzheimer's Association, Arukah Market, Lake YMCA, Mercy Medical, NEO Today and SOL Pizza Pie. Attendees will have the chance to speak with representatives from each organization and they will receive free samples and screenings.

On Thursday, April 14 from 10:00 a.m. – 2:00 p.m. the Main Library will collaborate with Mercy Medical Center to host the annual Community Health Fair. The Community Health Fair will include free blood pressure screenings, vouchers for free blood screenings, and free advanced directives. Representatives from the Crisis Center, Head Start, Prescription Assistance Network and more will be available to speak with attendees and offer assistance.

All three events are free and open to the public. Collaborative events such as health and wellness programs are representative of the Library's strategic initiative to Share Smart by collaborating with other organizations in the community.

More information on all of the events is listed on the Library's website at www.starklibrary.org and in the Smart Store Guide, available at all Libraries and in select community locations.

ABOUT THE LIBRARY
One of the 8 largest library systems in Ohio – and the county's oldest library -- Stark County District Library serves the community through 10 locations, six mobile libraries, and a 24/7 digital branch.

A 2009 winner of the prestigious National Medal for library service, the Library serves over 100,000 active cardholders, annually circulating 3.5 million items from its 1.2 million item collection and providing access to an additional 66 million items from lending networks throughout Ohio. Each year the library presents nearly 8,000 programs for 170,000 attendees and provides 280,000 computer sessions on the publicly available computers found in each branch.

Today, as it reimagines itself as The Smart Store, where everything is free®, the Library is emerging as a national thought-leader with innovations such as its "no overdue fines" policy, the recently launched BikeSmart bike sharing network, and the Start Smart School Partnership.

For more information, call 330.452.0665 or visit http://www.starklibrary.org.

# # #

Stark County District Library: Inspire Ideas. Enriching lives. Creating Community.