

February 2018

LEARNING ON WEDNESDAY

“Healthy Heart Living”

Living well means making choices that benefit your overall health. Carolyn Spence Cagle, an academic nurse-scholar and KAL supervisor, will present ideas to help you make valuable choices to improve the quality and length of your life, including healthy eating, exercise, sleep, and stress management.



Where: Kimberling Area
Library Community
Room

When: February 14, 2018

Time: 10:00 a.m.

(coffee and breakfast bread provided)

Everyone is invited.

Free to all.

**No registration
required.**

**417-739-2525,
www.kalib.org**