



Volume 6, Issue 4
April 2019
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<http://elginlibrary.org>

1286 likes



1st Annual Health Literacy Fair Sat. April 6
108 Thoma Drive 10-1

National Public Health Week April 1-7
vision screening, children scoliosis screening,
blood drive, BP & vital signs, hands on
demonstration about effective handwashing
techniques (involves a blacklite), community
walking challenge, educational health
information, and much more

Sponsored by:



Oklahoma
Blood Institute



a Service of Comanche County Hospital Authority

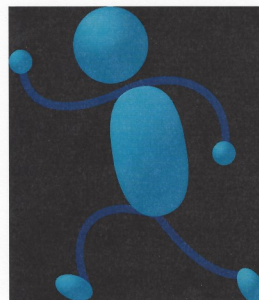
April is Physical Wellness Month

The Health Fair and Community Challenge are both good ways to get started on your journey to wellness. Don't get hung up on the number of steps, just use it as motivation to be a little more active. Individually and collectively, we CAN do this! The tracking chart for steps is on page 2.

Libraries=Strong
COMMUNITIES

Celebrate
NATIONAL LIBRARY WEEK
APRIL 7-13, 2019

ALA American Library Association
Library Champions
LIBRARIES TRANSFORM



2019 Elgin Mayor's Community Challenge

One Step at a Time...

**From April 7-30 can you walk
120,000 steps (5000/day)?**

Use your smart watch, fitbit, or pick up a pedometer at Elgin Community Library to track your steps. Stop by or message the library to report your progress. We will keep a goal setting chart updated on facebook.

Deadline to submit your step count is May 1.

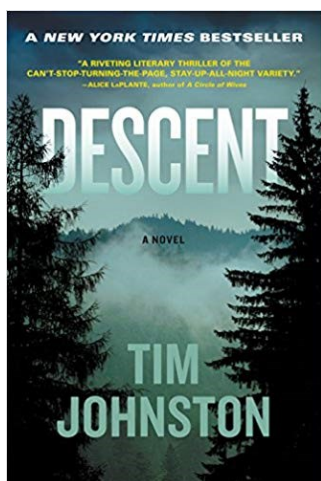
Our community goal is 5M steps.

The individual with the most steps will win a prize.

16 & over or 15 & below



Let's work together to raise Oklahoma's
47th in nation health ranking!



April 30

The Rocky Mountains have cast their spell over the Courtlands, a young family from the plains taking a last summer vacation before their daughter begins college. For eighteen-year-old Caitlin, the mountains loom as the ultimate test of her runner's heart, while her parents hope that so much beauty, so much grandeur, will somehow repair a damaged marriage. But when Caitlin and her younger brother, Sean, go out for an early morning run and only Sean returns, the mountains become as terrifying as they are majestic, as suddenly this family find themselves living the kind of nightmare they've only read about in headlines or seen on TV.

Authors similar to : Tim Johnston

Charles Baxter Rob Spillman

Bernard Cooper Benjamin Percy

Elizabeth hay Olen Steinhauer

Robert Wiersema Rebecca Freeborn Sarah Winman

Jessica Hawkins Nancy Lee Bryon Tucker

Future Selections:

May 28: Lady in the Attic by Tara Randel

June 25: Boom Town by Sam Anderson

July 30: Boy of Heart Mountain (audiobook) by Barbara Bazaldua

One Step at a Time Tracking Chart

4-7	4-8	4-9	4-10	4-11	4-12	4-13
4-14	4-15	4-16	4-17	4-18	4-19	4-20
4-21	4-22	4-23	4-24	4-25	4-26	4-27
4-28	4-29	4-30	5-1 Turn in your final count	Remember you can turn in your steps anytime during the challenge so we can watch our thermometer rise!		

Let's do our part in reaching the community goal of 5M steps!

Name _____ Cell # _____ Circle one: 15 & below 16 & above

LIBRARIES TRANSFORM

Libraries Transform

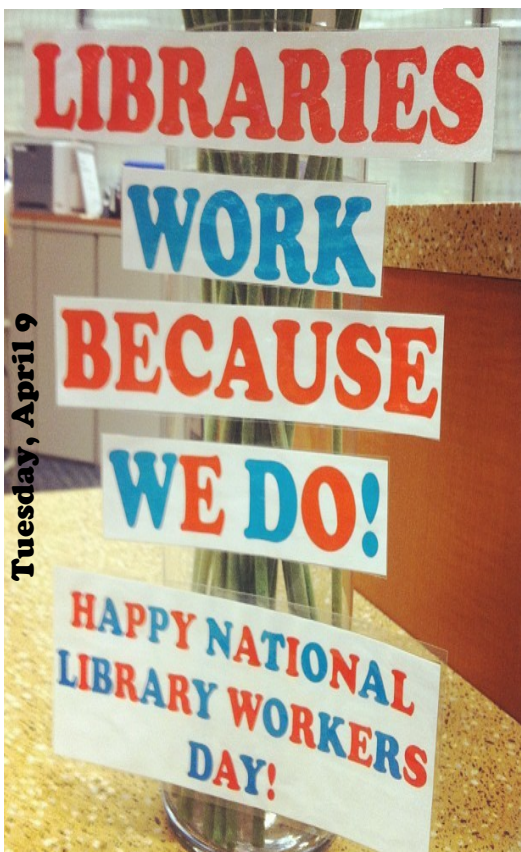
National Library Week



TO HELP US CELEBRATE NATIONAL LIBRARY WEEK & SHOW THEIR SUPPORT OF LIBRARIES, NATIVE SMOKE BBQ WILL BE AT THE LIBRARY PARKING LOT WED. APRIL 10 FROM 11-3.

CHICK-FIL-A WILL BE THERE THURSDAY FROM 11-1:30ISH.

STOP BY AND ENJOY SOME GREAT FOOD!



April 2019

Sun closed	Mon closed	Tue 9-6	Wed 9-6	Thu 9-6	Fri 9-6	Sat 9-1
Community Challenge begins	1 Board Meeting @ 4	2 Reading Rangers @ 4	3 Wigglers @ 1030 Teen Café 430	4 STEM 1-3	5	6 Health Fair 10-1
7 	8	9 Reading Rangers @ 4 Chamber @ 12 Council @ 6	10 Wigglers @ 1030 Teen Café 430 Native Smoke	11 STEM 1-3 Chick-fil-A	12	13 Book n'Hooker
14	15	16 Reading Rangers @ 4 Friends @ 6	17 Wigglers @ 1030 Teen Café 430	18 STEM 1-3	19	20 Book n'Hooker
21 	22	23 Reading Rangers @ 4	24 Wigglers @ 1030 Teen Café 430	25 STEM 1-3	26	27 Book n'Hooker
28	29	30 Book Club @ 9 Reading Rangers @ 4	Community Challenge ends. Be sure and turn in your Step count no later than May 1			