

Wellness also means a healthy mind and community connections; see madisonpubliclibrary.org/calendar for all of our programs.

The Basics of Canning with Holly & Joey Baird ^A

Join Joey and multi award winning Wisconsin State Fair canner Holly Baird of <https://thewisconsinvegetablegardener.com> as they show you the tools and steps needed in order for you to can your harvest successfully and safely. No registration required.



Lakeview Library - Tuesday August 7, 6:30pm

Potluck Community Salad Supper ^A

Join us for a community salad supper. Bring produce you have grown with seeds from the Lakeview Seed Library to add to a community salad. Or bring produce that you have grown on your own (or purchased).

The Lakeview Library and Willy Street Co-op will provide tableware, salad dressing, bread and refreshments.

Lakeview Library - Thursday August 23, 6:00pm

Partners

Madison Area Wellness Collective

UW-Extension

Local health and wellness providers

Health and Wellness Databases

- Consumer Reports Online
- EBSCOhost / Health Resources
- Magill's Medical Guide

Check these out at:

<http://www.madisonpubliclibrary.org/databases/>

or call **608-266-6300** for information. What kinds of wellness programs would you like to attend at your library? Let us know: call **608-266-6300**, or send us an email at community@madisonpubliclibrary.org.

Subscribe to Madison Public Library Insider emails to stay up to date on library activities and events!



<http://www.madisonpubliclibrary.org/insider>



Central Library

201 W. Mifflin St
608.266.6300

Alicia Ashman Library

733 N. High Point Rd
608.824.1780

Goodman South Madison Library

2222 South Park St
608.266.6395

Hawthorne Library

2707 E. Washington Ave
608.246.4548

Lakeview Library

2845 N. Sherman Ave
608.246.4547

Meadowridge Library

5726 Raymond Rd
608.288.6160

Monroe Street Library

1705 Monroe St
608.266.6390

Pinney Library

204 Cottage Grove Rd
608.224.7100

Sequoia Library

4340 Tokay Blvd
608.266.6385

Live Well @ Your Library

Wellness workshops by the community, for the community, at Madison Public Library locations.



Summer Season

What kinds of wellness programs would you like to attend at your library? Let us know: call **608-266-6300**, or send us an email at community@madisonpubliclibrary.org



Selected Summer Programs

Yoga Sprouts ^K

Join Yoga Sprouts Instructor Katie Muschlewski for a fun class! For children ages 2-5 years old and their caregivers. Please bring a towel or yoga mat for yourself and your child.

Central Library - Saturdays June 2, July 7,

August 4, 10:00am

Pinney Library - Wednesday June 6, 10:00am (register online)



Lunch Hour Happiness: Savoring Your Summer ^A

Bring your lunch and take an hour out of your day to not only fill your stomach, but fill your mind with inspiring ideas. Set your life in a new direction with new intentions. These workshops will be interactive and fun!

Hawthorne Library - Wednesday June 6, 12:00pm

Eating Smart-Being Active ^A

Eating Smart-Being Active offers research-based information about nutrition, food safety and spending your food dollars wisely. It is a FREE program provided by the University of Wisconsin Extension Food Wise. Requires households to have children/grandchildren 18 years of age and under. Food will be made for sample tasting at each class!

Goodman South Madison Library - Wednesdays June 6, 13, 20, 27, July 11, 18, 25, 1:00pm



Alzheimer's and Dementia

Alliance of Wisconsin ^A

Learn about topics of interest to families and friends of those with Alzheimer's or other dementias. Free; no registration required unless noted.

Hawthorne Library - Mondays June 11, August 13, 5:00pm



Community Coffee ^A

Who are the people in your neighborhood? Come meet them and enjoy a cup of coffee.

Pinney Library - Tuesdays June 12, July 10, 10:00am

Choices and Wishes: Making Advance Health Care Decisions ^A

Would your family know what to do if you had a health crisis and couldn't communicate your health care wishes? This hands-on seminar explains the "Power of Attorney for Health Care," a legal document that makes your health care wishes clear to others. Register online.

Sequoia Library - Thursday, June 14, 6:00pm

Cancer 101: What You Need To Know ^A

Dr. Stephen Rosenberg, the Radiation Oncology Chief Resident at the UW Carbone Cancer Center, is the best-selling author of *Cancer: what you need to know: overcome the 10 common mistakes patients make*. Join us as Dr. Rosenberg discusses his book, with time for Q&A on this important issue.

Alicia Ashman Library - Thursday June 14, 6:30pm

Gardening Workshops ^A

Workshops on a number of topics related to gardening this summer:

- Square-Foot and Raised Bed Gardening
- Community Garden Organic Techniques for Gardeners

- Compost: Making and Using Compost in Your Back Yard

Goodman South Madison Library - Tuesdays June 19, July 10 & 24, 6:00pm



Good Bugs, Bad Bugs: Friends and Foes in the Garden ^A

In addition to providing food and flowers, gardens can serve as habitat for an abundance of insect life. In this lecture we'll survey the commonest insect friends and foes of our gardens.

Pinney Library - Tuesday June 19, 7:00pm



Intention Collage Cards with Teresa Kim ^A

What do you want more of in life? What do you crave but don't create? In this workshop we spend time focusing on those things, and then create a card deck (made from actual playing cards) as a visual reminder to keep living with intention. Register online.

Alicia Ashman Library - Monday June 25, 6:30pm

Mom & Baby Yoga ^K

Join yoga instructor Katie Muschlewski for a special 30 minute class designed for moms with babies (birth to 12 months) to stretch, exercise, and enjoy reclaiming your body postpartum.

Hawthorne Library - Saturday June 30, 10:30am

Family Fitness ^K

Join fitness expert Venus Washington and get the whole family moving with exercises, yoga, dancing and other fun activities.

Goodman South Madison Library - Tuesdays July 3, 10, 17, 24, 31, 10:30am



Kids Prepare a Summer Picnic ^K

Join The Kids Chef Lily Kilfoy in this hands-on cooking class. In this class, participants will work in groups to create a summer picnic. Vegetarian option and nut-free. Registration begins three weeks before each class. The class will be the same each week, so please register for only one.

Alicia Ashman Library - Mondays July 9, 16, 23, 2:00pm



Preschool Creative Movement Dance with MCV ^K

Join Madison Contemporary Visions Dance for Preschool a Creative Movement Dance that fosters physical and cognitive development through dance, music, drama, props, rhymes, and stories.

Alicia Ashman Library - Tuesday July 10, 17, 24, 10:00am (no registration required)

Sequoia Library - Mondays August 6, 13, 20, 10:00am (register online)

EveryWoman's Journal: Self-Care through Self-Expression ^A

Take some time out for yourself and see how journaling can be a self-care activity. Presented by the Wisconsin Women's Health Foundation. Call 266-6350 or register online.

Central Library - Thursday July 19, 6:30pm



Help for Your Aging Parents:

Finding Community Resources ^A

When your aging parents' health begins to decline and they need assistance, where do you start? This presentation can teach you how to find community resources, how to access a case manager, how to create and maintain a positive relationship with your parents, and how to know whether and when to ask for hospice services. Register online.

Sequoia Library - Thursday, July 19, 6:30pm

Positivity! ^A

Local author and public speaker Tina Hallis shares her message of positivity through her new book, *Sharpen Your Positive Edge*. Join us for an evening with the author and tips for maximizing the quality of your life through positivity. You'll also have the opportunity to purchase a copy of her book for your personal library.

Alicia Ashman Library - Tuesday July 31, 6:30pm