Tai Chi, Mindfulness and Health Literacy Interactive Workshops

Healthy Acadia and public libraries across Hancock and Washington counties are teaming up to increase awareness and use of the National Network of the Libraries of Medicine’s (NNLM) free public health resources and explore the health benefits of practicing tai chi, yoga, and other mindfulness techniques.

The All of Us Research Program Community Engagement Project is supported by a grant from the NNLM, New England Region, to help public libraries support the health information needs of their patrons. NNLM resources include Medline Plus, which provides up-to-date information about diseases, conditions, and wellness issues, peer-reviewed medical research articles, pharmacological reference, pharmacological, toxic substance and household product databases, clinical trials, opportunities to participate in medical research, and much more. The following workshops are planned for December:

Saturdays, December 7 & 14, 2019, Tai Chi for Health Workshops, Bass Harbor Memorial Library, 737 Tremont Road, Tremont.

Join Healthy Acadia’s Nina Zeldin for one or both sessions for an introduction to Tai Chi for Health. Participants will learn basic tai chi movements and breathing techniques, discuss ways to incorporate mindful movement into daily life, explore top consumer health sites and e-patient resources, and will be introduced to the All About Us research program. For more information, please contact Nina by email at Nina@HealthyAcadia.org or call 207-667-7171.

Monday, December 16, 2019, 2:00pm to 4:00pm, Mindful Movement & Medical Literacy Workshop, Porter Memorial Library, 92 Court Street, Machias.

This experiential workshop is designed to introduce tai chi, yoga, and the basics of medical literacy, (including searching for health information online). Participants will learn basic yoga poses and tai chi movements, discuss creative ideas for incorporating mindful movement into daily life, explore top consumer health sites and e-patient resources, and will be introduced to the All About Us research program. The class will wrap up with an opportunity to experience relaxation and stress reduction techniques from restorative yoga. For more information, please contact Samantha Williams by email at boldcoastyoga@gmail.com or call 207-214-6516.

Healthy Acadia hopes to partner with additional libraries to offer similar workshops and tutoring
sessions. Thanks to a grant from the National Library of Medicine, National Institutes, Healthy Acadia will provide stipends for librarians who facilitate or host workshops or tutoring sessions in their library, or in other publicly-accessible community venue.

This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement number UG4LM012347, with the University of Massachusetts, Worcester.

For more information, or to learn how your community library can participate, contact Nina Zeldin at Nina@HealthyAcadia.org or 207-667-7171.

Healthy Acadia is a 501(c)(3) nonprofit organization that engages in a broad range of initiatives to build healthier communities and make it easier for people to lead healthy lives across Washington and Hancock counties, Maine. Learn more at www.healthyacadia.org.

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