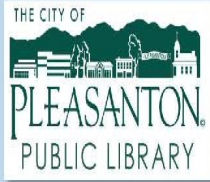


Pleasanton Library and John Muir Health present the 2017 Lecture Series:

Meet the Health Expert



7:00 pm to 8:30 pm



For more information 925 931-3400 x 4 or www.pleasantonlibrary.org

SPRING 2017

Thursday, February 23

How Can I Keep My Bones Strong? Speaker: Dr. Mello

Osteoporosis is called the "silent disease" because you may not notice any changes until a bone breaks. Join Dr. Mello as he discusses bone health and the importance of good nutrition and exercise to keep bones healthy.

Thursday, April 27

Caregiving for Your Loved One – Caring for Yourself. Speaker: Karen Winer

Caregiving can trigger a host of difficult emotions that may leave you feeling overwhelmed and alone. Discover tips that can help you get the support you need while caring for someone you love in way that may benefit both of you.

Thursday, May 25

Diabetes Dialogue. Speaker: Dr. Mello

Whether you are newly diagnosed or have been living with diabetes, it is important you take care of yourself now to reduce the chance of complications later. Join Dr. Mello as he discuss the various risk factors for developing pre-diabetes and Type 2 diabetes and prevention strategies that can lead you towards a healthier lifestyle.

Classes are held at 7:00 pm to 8:30 pm in the Large Meeting Room

Pleasanton Library 400 Old Bernal Ave., Pleasanton, CA 94566

925 931-3400 x 4

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