Tuesday’s Tip

information provided by Adriance Memorial Library to make your life a little bit easier . . .

4 Quick Health Resources

September 8, 2020

1. https://medlineplus.gov/

Click on "Health Information in Multiple Languages" at the bottom of the page to find health information in languages other than English OR, click on the link to visit HealthReach for additional multilingual health information.

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.
Click on the link you’re interested in reading about.

* Scroll down to the bottom of the page for the Alternate Versions and Additional Links.
Your Healthiest Self: Wellness Toolkits

Each person’s “healthiest self” is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use our wellness toolkits to find ways to improve your well-being in any area you’d like.

Downloadable Toolkits Included: Your Surroundings, Your Feelings, Your Body, Your Relationships, Your Disease Defense.
Browse A-Z Health Topics OR, select from the Popular Subject Guides (below).
[2] Nemours Tools for Health Schools:

https://classroom.kidshealth.org/

https://kidshealth.org/en/teens/#teenquiz