

**Work on your Intellectual Wellness this week and check out a book from the library!
Libraries on campus to choose from: Law Library, Mabee Library, SRWC Wellness Resource Center, and Carnegie Education Library.**

If you are looking for a great App, I suggest “Overdrive.” Read eBooks, listen to audiobooks, and watch videos from your library on the go or at home with OverDrive Media Console. (*The app is available for every major desktop and mobile platform, including Windows, Mac, iPad, iPhone, Android phones and tablets, Kindle, NOOK, Windows 8 PC and tablet, and Windows Phone.*) Give me a call if you have questions about this app; I use it daily. 😊

Wellness Resource Center: The Student Recreation and Wellness Center provides employees and SRWC members the opportunity to check out materials from the Wellness Resource Center. Materials may be checked out for a maximum of seven days. If you need an item for a longer period of time, you can renew your materials to extend the due date. Items can be renewed unless there is a hold request on them.

New Items in:

- **Fitbit flex** (if you were interested in purchasing one but wanted to try it first now is your chance)
- **Fitbit zip** (if you were interested in purchasing one but wanted to try it first now is your chance)
- **The Total Cholesterol Myth** (I LOVE this book. It is a quick and easy read for anyone and very informative if you have high cholesterol or are on statins. I highly recommend it)
- **The 10-Minute Total Body Breakthrough** (great resource for quick exercise routines)
- **Exercise card decks** (TRX, stretching, Pilates, and more)

[Printable inventory of Wellness Resources Center](#)



“I invented fire, but now everyone is using it for free. In hindsight, maybe my first invention should have been intellectual property law.”

Cartoon used with special permission from glasbergen.com