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](#)