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Health In The Square

Mason Square Branch Library

ALL YOURS
SPRINGFIELD CITY LIBRARY
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Health In The Square

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Community Partners

AIC | AMERICAN INTERNATIONAL COLLEGE

MARTIN LUTHER KING, JR. family services

Community centered. Spirit inspired.

MASON SQUARE HEALTH TASK FORCE

The Heart of a Healthier Community

SPRINGFIELD FOOD POLICY COUNCIL

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Health In The Square

- Training for Librarians
- Nutrition Workshops
- Gardening Workshops

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Health Resources Training

Margot Malachowski

-Former Outreach Librarian for Baystate Medical Center
-Education and Outreach Coordinator National Network of Libraries of Medicine, New England Region

- Best practices for health reference services
- How to access reliable health data
- How to locate primary care providers
- The use of national health databases

MedlinePlus®
Trusted Health Information for You

NIH National Center for Complementary and Integrative Health

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Technology Implementation

Adult iPad

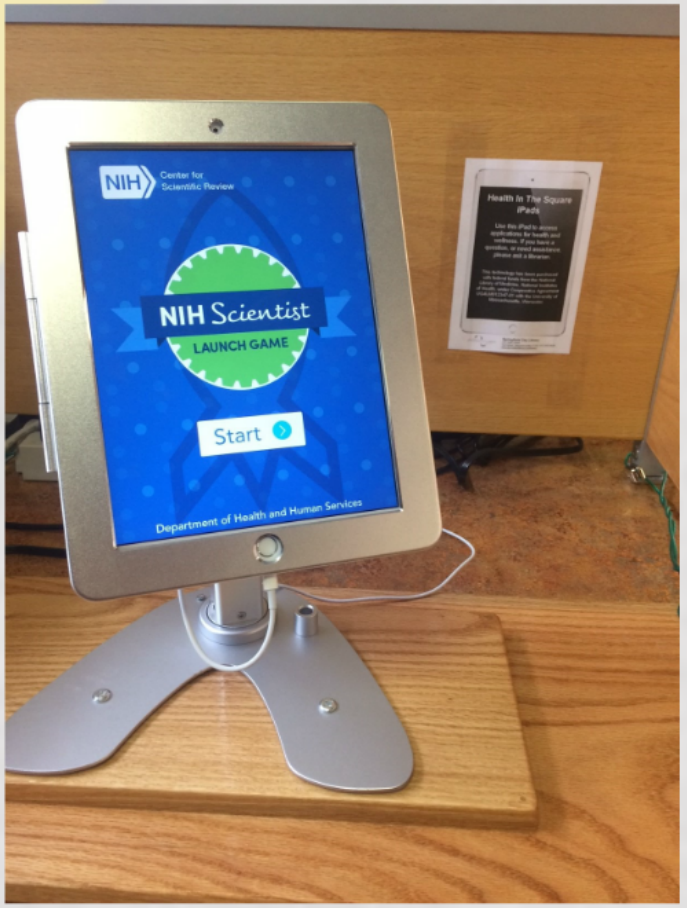
- Access to MedlinePlus and related content.

Teen iPad

- Health resources and games made specifically for teens from the NIH, CDC, and Red Cross.

Children's iPad

- Health and Wellness games from the NIH, CDC and more.



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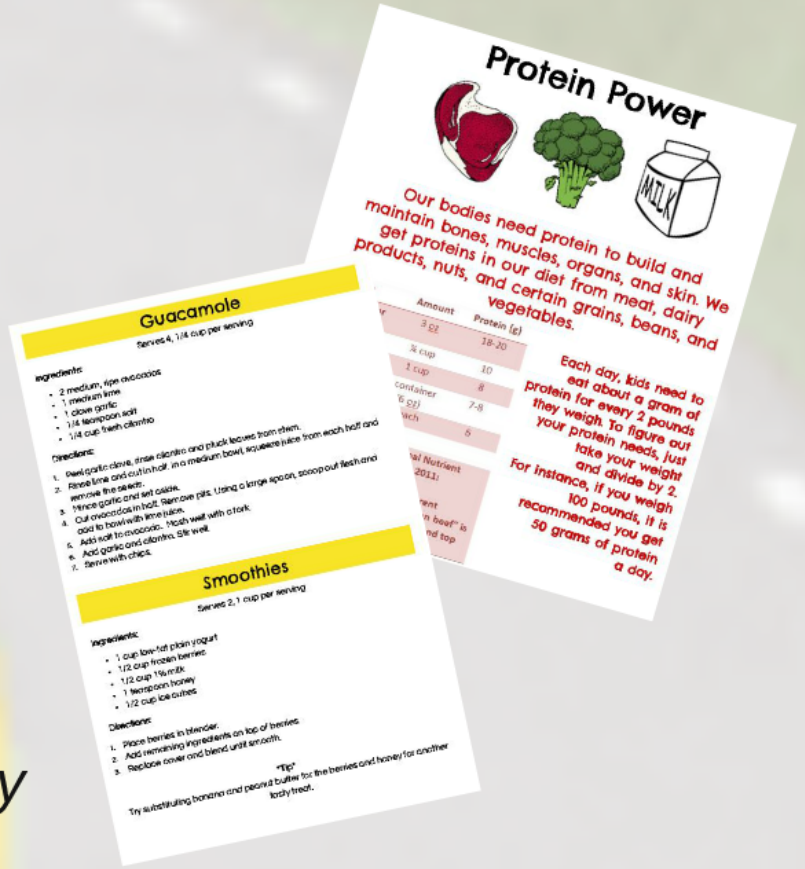
Youth Nutrition Workshops

Tasty Tuesdays at Mason Square

Children and their families...

- Develop awareness of nutrition
- Learn to prepare healthy snacks
- Explore cultural cuisines
- Read recipes
- Practice measuring

American International College Public Health Interns and Springfield City Library Volunteers helped out at each program.



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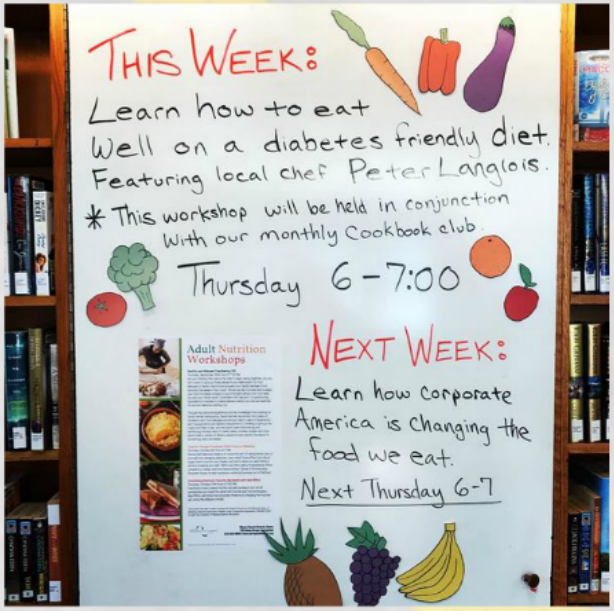
Adult Nutrition Classes

Local chefs present on nutrition topics affecting our community supplemented with information from Medline Plus.

Topics:

- Healthy and Allergen Free Baking
- Focusing on Diabetes Diet
- GMO Foods



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Gardening Workshops

Springfield Food Policy Council leads gardening workshops at both the Mason Square Branch Library and at additional community garden locations in the City of Springfield.

Previous Workshops:

- Garden Planning
- Growing Greens Indoors
- Soil Health and Soil Testing
- Container Gardening
- Basic Garden Maintenance
- Seed Saving

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