

# Wellness Wednesdays

## Lunch & Learn @ the Library

All library classes are located at 123 N 2nd St in Winterset at Noon-1pm on the date listed.

\*Registration is required for the July & October events. Go to the link shown or call 515-462-1731.

### May 9 Stop the Bleed Training Class

Studies have shown that immediate bleeding control greatly increases a victim's survival rate.

### May 30 Sleep: How Can You Improve Your Sleep?

Dr. David Smith will share tips and ideas for improving the quality of your sleep.

### June 13 Beyond the Fill: What Your Pharmacist Can Do For You

We will discuss numerous services offered locally to benefit you and your family.

### July 11 Meal Planning & More\*

Fareway dietician, Caitlyn Ferin, will share many recipes and health tips. Register at [goo.gl/ax9oB3](http://goo.gl/ax9oB3) or call for assistance.

### Aug 8 Live to 100

Author Terry Fisk will explain how to calculate your life expectancy, and what changes you can make to possibly live to 100.

### Aug 29 Trust Your Gut: The Power of Probiotics

Dr. Brandon Gerleman will share the history, different strands of bacteria, and the various health benefits of probiotics.

### Sept 12 Apps for Health & Wellness

Transform your smart device into your personal health coach. Track sleep, menu planning, and first aid call all be at your fingertips.

### Oct 10 Healthy Eating on a Budget\*

HyVee dietitian, Missy Anker, will show us how to treat our bodies AND our wallets right. Register at [goo.gl/ax9oB3](http://goo.gl/ax9oB3) or call for assistance.

### Oct 31 Common OTC Medications and Supplements Explained

HyVee Pharmacist John Ellis will the safety and efficacy of OTC meds. Participants are welcome to bring their own products for questions/answers.

Wellness Wednesdays in Winterset is a series of fun and informational, community-wide weekly programming related to health and wellness opportunities in our community. All events are free and open to the public. Please see the Wellness Wednesdays in Winterset Facebook page for a complete list of all weekly, community activities.