

# KENT DISTRICT LIBRARY

## TIP OF THE WEEK:



### RESOLVING TO DO MORE FOR YOUR HEALTH IN 2008?

CHECK OUT THE  
HEALTH AND WELLNESS RESOURCE CENTER  
FOR INFORMATION ON:

- *DISEASES AND CONDITIONS*
- *DRUGS AND HERBAL REMEDIES*
- *LOCAL AND NATIONAL HEALTHCARE PROVIDERS*
  - *HEALTH CALCULATORS*
  - *RISK ASSESSMENT TOOLS*

AVAILABLE TO KDL PATRONS AT [WWW.KDL.ORG](http://WWW.KDL.ORG)  
RESEARCH DATABASES → HEALTH →  
HEALTH AND WELLNESS RESOURCE CENTER

