

ROUND ROCK PUBLIC LIBRARY PRESENTS

Well! Well! Well!

TIMELY TOPICS FOR YOUR HEALTH AND WELLNESS

SUNDAYS IN FEBRUARY | 4:00-5:15PM | MEETING ROOMS A&B



DR. VIOLET SONG

SUNDAY, FEBRUARY 2

TOPIC: *Herbal Medicinals and Nutrition - Mother Nature's Gift*

Embrace the healing power of nature to restore balance and vitality in your life. Learn easy ways to align with the rhythms of the seasons and harness the unique benefits of herbal medicinals and nutrition that support your body's needs throughout the year.



DR. EMMA FARIS

SUNDAY, FEBRUARY 9

TOPIC: *Massage - How to defy aging naturally and holistically*

Understand how massage affects the body. Learn facial massage techniques to improve skin elasticity, and cellulite reduction techniques. Identify health conditions that may be improved with massage such as constipation, bloating, edema, muscle weakness and pain.



DR. PJ BHAKTA

SUNDAY, FEBRUARY 16

TOPIC: *Aging Successfully - Identify your vision with occupation-focused goals*

With your vision in mind, break it down into achievable, occupation-focused goals that support your well-being. Whether it's prioritizing physical activity, career development, or personal self-care, learn how to break these goals into daily actions.



DR. XIA ZENG

SUNDAY, FEBRUARY 23

TOPIC: *Secrets of an energetic life - Restore and Rejuvenate*

This course will help you identify your body's signs and symptoms of fatigue, evaluate your level of fatigue, and make informed decisions about managing your energy levels. By understanding the relationship between the ANS and fatigue, we can implement strategies for recovery.

REGISTER BY SCANNING EVENT QR CODE:



FEB. 2 EVENT



FEB. 9 EVENT



FEB. 16 EVENT



FEB. 23 EVENT

NOTE: NO LIBRARY CARD REQUIRED TO ATTEND THESE EVENTS



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