



Check It Out



MARCH 2017 · YOUR GUIDE TO THE
LAREDO REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

MONDAY

9 AM – 5 PM

TUESDAY

9 AM – 5 PM

WEDNESDAY

9 AM – 5 PM

THURSDAY

9 AM – 5 PM

FRIDAY

8 AM – 12 PM

SATURDAY

CLOSED

SUNDAY

Computer Class for Stroke Support Group

Since June of 2014, through a partnership with Austin Speech Labs, the Laredo Stroke Support Group, and our Regional Campus, library space has been used to provide intensive speech and language therapy for stroke survivors in our community.

To address the need for the stroke survivors to also receive services to help them either learn or re-learn certain life skills, such as using a computer, the Laredo Regional Campus Library partnered with the Laredo Stroke Support Group to offer some beginning hands-on computer classes. On February 23rd, stroke survivors attended an Internet Basics class in the library computer lab. Not only did the group learn basic computer skills, but they also started on a path that will allow them to access reliable health information online. A second class has been scheduled for March 16th and will be an introduction to the NIHSeniorHealth website.

Adapting resources from the National Institutes of Health (NIH) and the National Library of Medicine (NLM), the classes combine instruction on basic computer skills with strategies for searching reliable online health information on the NIH SeniorHealth website. The Laredo Regional Campus Library looks forward to serving the needs of these stroke survivors by combining basic computer instruction with health literacy skills.



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*Please note that copying services are currently out of order. The library is in the process of acquiring new equipment. We apologize for the inconvenience. In the meantime, please keep in mind that print services are functioning and still available.

Put Your Best Fork Forward

It's National Nutrition Month and time to put your best fork forward. Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- ◆ Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- ◆ Include lean meats, poultry, fish, beans, eggs and nuts.
- ◆ Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

For links to tip sheets, recipes, games and more visit www.eatright.org.



PUT YOUR
BEST FORK FORWARD

National Nutrition Month® 2017



library.uthscsa.edu

