

COMMUNITY



CONNECTS

Redding Library's Community Room
1100 Parkview Ave.



January - June 2018 Calendar

See reverse side for full descriptions

Friday, January 12 12-1pm	Alcohol Affects
Wednesday, February 7 10-11:30am	Choose Your Plate
Friday, March 9 10-11:30am	Learn the Law: Marijuana
Friday, April 6 10:30-12pm	Family Cooking
Tuesday, May 8 10-11am	Plan for the Future
Friday, June 15 10-11:30am	Redding Area Bus Authority (RABA)

For more information and to register call **(530) 229-5115** or go to
www.shastalibraries.org/communityconnects

***Pre-register for two chances to win.**



Every month Shasta Public Libraries and Shasta Community Health Center are partnering to host local organizations and presenters to connect you with the "how to" and "who" on a certain topic or community resource.



Promotional support by



Get connected with your community!

January - June 2018 Calendar

Friday, January 12

12-1pm

Alcohol Affects

An Intoxiclock® presentation designed to bring awareness and understanding of the effects drinking and then driving. This is an interactive demonstration that engages the audience in a real-time illustration on a person's Blood Alcohol Concentration (BAC) and the effects on driving.

Wednesday, February 7

10-11:30am

Choose Your Plate

Want to kick start 2018 by making fresh and healthy meal choices? Join Registered Dietitian, Mary Messier and find out how small changes can help you reach your goals for eating healthy in the New Year. Come enjoy samples of Tuna Apple Salad and receive free recipes.

Friday, March 9

10-11:30am

Learn the Law: Marijuana

Legal marijuana doesn't mean there aren't rules. Learn what Proposition 64 allows, and what it means for you and your community. We will also discuss health implications for marijuana, and why it's still a bad idea for teens.

Friday, April 6

10:30-12pm

Family Cooking

Join UC Cal Fresh Nutrition Educator to learn ways to make meal time more fun! Discover how adults and children can work together to prepare and enjoy healthy meals. All ages are welcome to participate in this hands on workshop.

Tuesday, May 8

10-11am

Plan for the Future

Learn more about an Advance Health Care Directive (AHCD) and the steps you can take to ensure your health care values and your instructions are known. These steps will provide your loved ones peace of mind by helping them understand your desires and give them confidence that any medical decisions made for you will follow your wishes.

Friday, June 15

10-11:30am

Redding Area Bus Authority (RABA)

RABA will discuss both the transit and paratransit services they provide, including how to plan your trip, and what to expect while riding. Maps and paratransit applications will be available, and any questions you may have will be answered.



Community Connects is a partnership of
Shasta Community Health Center and
Shasta Public Libraries.

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