



Refresh Your Life

A new series on health issues and solutions

- Oct 11, 2008 - Weight loss - Sue Rodearmel
- Nov 15, 2008 - Cholesterol - Cathy Inouye
- Dec 13, 2008 - Muscle strength - Tamika Tobar
- Jan 10, 2009 - Diabetes - Huda Prucha
- Feb 7, 2009 - Balance/fall prevention - Celia Bonino
- Mar 21, 2009 - Stress Reduction - Cathy Inouye
- Apr 4, 2009 - High Blood Pressure - Cathy Inouye
- May 30, 2009 - Cardiovascular health - Sue Rodearmel
- Jun 13, 2009 - Flexibility - Frances Sedayao

All sessions take place on Saturdays, 10:00 a.m.—12:00 noon at the Main Library.

Receive the
REFRESH YOUR LIFE
newsletter in your inbox.....

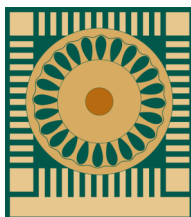
Sign up at
<http://tinyurl.com/54lxj8>

Paper copies are also available at
both Hayward Public Library
branches.



Visit us on the Web:
www.library.hayward-ca.gov
AND
Check out our blog:
refreshyourlife.wordpress.com

This project was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.



Hayward Public Library

<http://library.hayward-ca.gov>

Main Library
835 C Street
510-293-8685

Weekes Library
27300 Patrick Ave.
510-782-2155

Hours
Mon.—Wed. 11 a.m.—8 p.m.
Thurs.—Sat. 10 a.m.—5 p.m.



Refresh Your Life

A new series on financial issues

- Oct.29, 2008 - General Financial Planning
- Nov. 12, 2008 - Retirement Planning
- Dec. 3, 2008 - Investments/Asset Allocation Strategies
- Jan. 14, 2009 - Tax Planning
- Feb. 11, 2009 - Insurance Planning
- Mar. 11, 2009 - College Funding for Children*
- Apr. 8, 2009 - Home Finance/Purchase Strategies
- May 6, 2009 - Estate Planning
- Jun. 10 , 2009 - Financial Planning for Small Businesses



All sessions take place on Wednesdays, 6:00 p.m.—8:00 p.m. at the Main Library.

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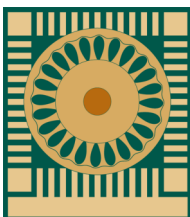
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* means this program will be held at the

Weekes Branch Library
27300 Patrick Avenue, Hayward, Ca 94544

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