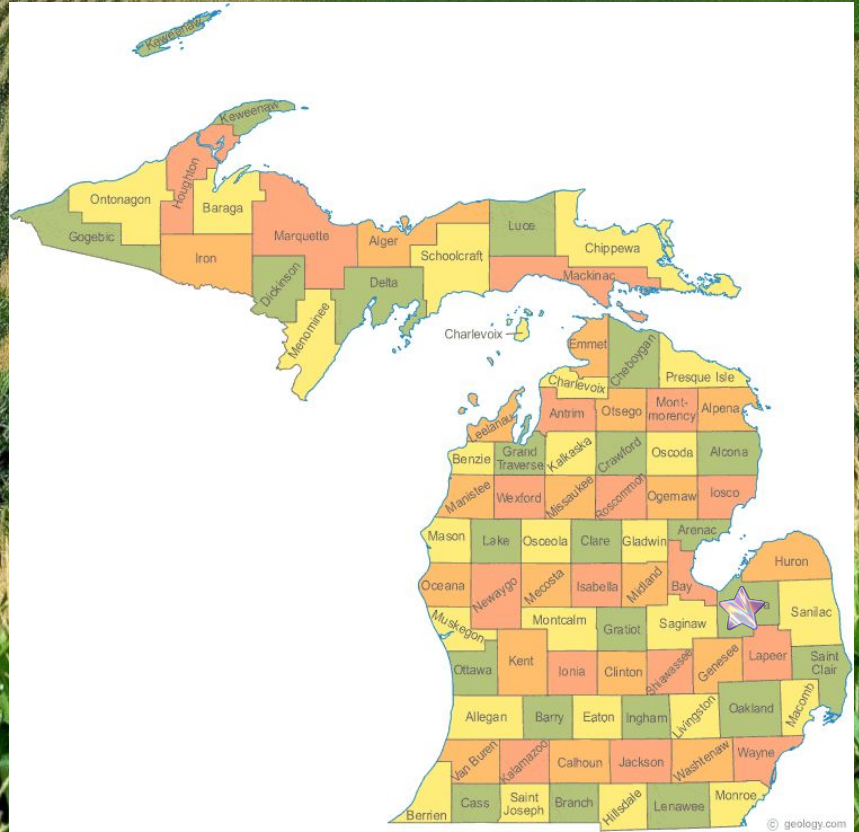


# How to Introduce Your Community to New Healthy Habits

Erin Schmändt, Caro Area District Library





**WHAT DO  
YOU WANT?**



Trust



# Walking Club



# Meditation

## Pre-Pandemic

In person

Wednesdays at 9:30am

Led by staff but using  
recorded meditation

## During Pandemic

Online

Listed as Wednesdays at  
9:30am but accessible  
anytime

Curated meditation  
chosen by staff and  
posted in event



# Yoga





# Zumba



# StoryWalk®

Try a temporary walk

Easy & relatively cheap

Gets families out reading and moving together

How to



# Seed Lending Library

Donations from seed companies

Donations from local residents

Available from March - October



# Homegrown Foods Series

Seed saving

Cooking

Canning/freezing/food dehydration

Square foot gardening

Herbs

Beekeeping

Chickens



# How to Offer More Wellness Programs

- Start with something you (or other staff members) know about or are interested in.
- Lead it yourself if you are confident in your knowledge.
- Find a community partner or local instructor if you are not (MSU Extension has many experts).
- Just try it! If it doesn't work, it doesn't work.

# Questions?



# Works Cited / Bibliography/More Information

[For Libraries – The Harwood Institute](#)

[Our Community Caro Community Assessment](#)

[Libraries Engage: Caro Video](#)

MSU Extension: [Food & Health](#)

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