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
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
Canning/freezing/food dehydration
Square foot gardening
Herbs
Beekeeping
Chickens

Cooking
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?
For Libraries — The Harwood Institute

Our Community Caro Community Assessment

Libraries Engage: Caro Video

MSU Extension: Food & Health

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