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Healthy L.I.F.E.



FREE Health Education

Houston Public Library will partner with community organizations to offer access to health care providers, health education material, and health screenings.

The Texas Children's Health Mobile Clinic will be on site to provide:

- Well Child Exams
- Sports Exams
- Sick Child Visits
- Immunizations*

Call 832-372-9871 for eligibility questions.

Call 832-824-6780 for appointments. (Appointments are recommended.)

*Patients must be "Texas Vaccines for Children" eligible.

FREE Nutrition Classes

Houston Public Library will partner with Texas A&M AgriLife to offer nutrition classes and educational materials. You can learn:

- How to select healthy foods on a budget
- How to read food labels and select healthy foods
- How to prepare meals that will keep your family healthy
- How to make your favorite foods with less fat, salt, and sugars

Note: Clinic and Nutrition Class information will be updated as it becomes available for 2016 sessions.

The Houston Public Library's (HPL) **Healthy L.I.F.E** (Literacy Initiative For Everyone) is an innovative health-based library literacy initiative designed to empower and equip families, specifically low income families, with the information, resources, and tools necessary for healthy living.

Healthy L.I.F.E. consists of family- and community-centered intergenerational learning events and activities focused on themes such as "creating healthy lifestyles together" and "organizing the home for stress-free living and school success." Healthy L.I.F.E. aims to educate families about the benefits of healthy lifestyles while providing access to free essential community resources that support better health.

The Houston Public Library's Healthy L.I.F.E. is the recipient of the Urban Libraries Council 2014 Top Innovator Award for Health, Wellness and Public Safety (<http://www.urbanlibraries.org/2014-innovations--pages-301.php>) for its innovation in partnering to advance community health priorities, addressing access to health care and promoting critical health outcomes and providing resources for underserved populations.

Healthy L.I.F.E. initiative was launched with generous funding from the National Center for Families Learning (NCFL) *Happy Healthy Family Habits* grant funded by Humana Foundation. The Houston Public Library was selected as the first public library to receive the grant and institute a family learning program model for public

libraries that leverages the library's position as a trusted learning resource, community convener, and strong contributor to the quality of life for the more than 2.2 million residents it serves.

Learn & Explore

[Storytimes & Playgroups \(/learn-explore/storytimes-playgroups\)](#)

[Homework Resources \(/research/resources-by-category/240\)](#)

[Kids Book Lists \(/learn-explore/kids-book-lists\)](#)

[Kids' Books Newsletter \(/learn-explore/kids/kids-books-newsletter\)](#)

[Online Learning \(/research/resources-by-category/250\)](#)

[Homework Resources \(/research/resources-by-category/240\)](#)

[Career Resources \(/learn-explore/career-resources\)](#)

[Picture Books Newsletter \(/learn-explore/kids/picture-books-newsletter\)](#)

[Computer Classes \(/learn-explore/computer-classes\)](#)

[Field Trips \(/learn-explore/kids/field-trips\)](#)

[Exhibits \(/learn-explore/exhibits\)](#)

[FLIP Kits \(http://www.cmhouston.org/flip\)](http://www.cmhouston.org/flip)

[Houston Poet Laureate \(/learn-explore/houston-poet-laureate\)](#)

[TumbleBooks \(https://go.openathens.net/redirector/houstontx.gov?url=http%3A%2F%2Fwww.tumblebooks.com%2Flibrary%2Fauto_login.asp%3Fu%3Dhouston%26p%3Dlibra\)](https://go.openathens.net/redirector/houstontx.gov?url=http%3A%2F%2Fwww.tumblebooks.com%2Flibrary%2Fauto_login.asp%3Fu%3Dhouston%26p%3Dlibra)

[Tweens \(/learn-explore/tweens\)](#)

[Teens \(/learn-explore/teens\)](#)

[Library Events \(/learn-explore/library-events\)](#)

[Student Resources \(http://houstonlibrary.org/learn-explore/student-resources\)](http://houstonlibrary.org/learn-explore/student-resources)

[10 Cool Links \(/10-cool-links\)](#)

[Back-To-School \(/learn-explore/back-to-school\)](/learn-explore/back-to-school)

[cafecollege Houston \(/learn-explore/cafecollegehouston\)](/learn-explore/cafecollegehouston)

[Career Online High School \(/learn-explore/career-online-highschool\)](/learn-explore/career-online-highschool)

[Community Events \(/learn-explore/community-events\)](/learn-explore/community-events)

[Kids \(/learn-explore/kids\)](/learn-explore/kids)

[Read Across America \(/learn-explore/read-across-america\)](/learn-explore/read-across-america)

[The Living Room at HPL \(/learn-explore/living-room-hpl\)](/learn-explore/living-room-hpl)

Houston Public Library

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