HEALTHY BRAIN, HEALTHY MIND

1:00 pm – 2:00 pm Thursdays
January 26th – February 16th
at the Chickasha Public Library

The four week Healthy Brain, Healthy Mind program is designed to help individuals understand many different techniques that help maintain a healthy brain which is vital for good mental health. Through class discussion and participation those who take this class will learn more than a dozen ways to improve their mental and physical health. Enroll in this workshop today to get the information you need to take action towards a healthier mind and a healthier you!

To register, call Maricela at 405-271-6424, or email her at centralOHAI@ouhsc.edu.

Do you like book discussions?
Are you mysterious?
Do you want to discuss mystery books?

Beyond the Book

Beyond the Book meets the second Thursday of each month at 1:00

Start the new year with some of the American Library Association’s Best Books of 2016!

The Boy in the Black Suit by Jason Reynolds (Teen Fiction Reynolds)

The Soul of an Octopus: A Surprising Exploration into the Wonder of Conscience by Sy Montgomery (594 Montgomery)

Did You Ever Have a Family: A Novel by Bill Clegg (Fic Clegg)

“Once you learn to read, you will be forever free.”
- Frederick Douglas

Friends of the Library
Chocolate Celebration

February 13th
The Friends are still accepting table sponsors.
For more information call the Library at 405-222-6075

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