



Contact information

Phone: 405-222-6075

Address: 527 Iowa

Chickasha OK, 73018

<http://chickashapl.okpls.org/>

Library Hours (Excluding Holidays)

Monday, Thursday 9:30 AM– 8:00 PM

Tuesday, Wednesday, Friday 9:30AM– 6:00 PM

Saturday 10:00AM– 2:00PM

Sunday CLOSED

September 2016 Newsletter

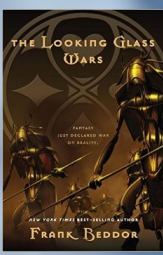


Adult Coloring!
Monday, Sept. 19th
6-7 pm

Youth Sewing Event
Sept. 9th
3:30 – 7:30



Youth Book Club Sept. 29th 4:30 - 5:30
Ages 11-16
The book for September is "Looking Glass Wars" by Frank Beddor



Gaming Night!
September 16th, 3:30
Ages 7-16



WHAT TO BRING You are welcome to bring something to take notes with. We will provide the session handouts that help to reinforce the information we cover in each class.

HOW TO SIGN UP
To register, call Maricela at 405-271-6424, or email her at CentralOHAI@ouhsc.edu. You need to be registered in order to attend.

September 8th, 12:30
September 15th, 12:30
September 29th, 12:30
October 6th, 12:30
October 13th, 12:30

OHAI
OHIO HEALTH AND HUMAN SERVICES
Lifestyle & Learning


UPCOMING CLASS

DIABETES EMPOWERMENT EDUCATION PROGRAM

WHO THIS IS FOR
This class is designed for individuals who have diabetes and caregivers of a person who has diabetes

WALK AWAY WITH TOOLS FOR:
Understanding Diabetes
Building a Healthy Plate
Exercise
Stress Management
Understanding Blood Sugar
Preventing or Delaying the Onset of Diabetes Complications

Literary Trivia!



Tuesday, Sept. 13th from 3-4

Outlander Discussion

Led by Darlene Troup

Friday, September 16th at 12:00. Bring your lunch!

