

GENERAL INTERNET RESOURCES

RRPL Recommends:

American Medical Association—
<http://www.ama-assn.org/ama>

Centers for Disease Control (CDC)—
<http://www.cdc.gov/>

National Institutes of Health (NIH)—
<http://www.nih.gov/>

NIH Clinical Trials—
<http://clinicaltrials.gov/>

FDA Drug Information—
<http://www.fda.gov/Drugs/default.htm>

Family Doctor—
<http://familydoctor.org/>

Kids Health—
<http://kidshealth.org/>

Mayo Clinic—
<http://www.mayoclinic.org/>

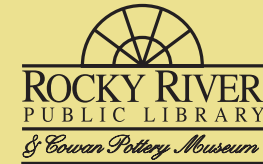
MEDLINE Plus—
<http://www.nlm.nih.gov/medlineplus/>

PDRhealth—
<http://www.pdrhealth.com/>

State of Ohio Medical Board—
<http://www.med.ohio.gov/>

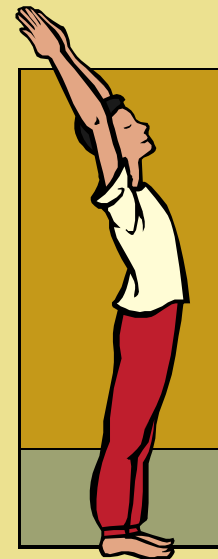
American Board of Medical Specialties—
<http://www.abms.org/>

WebMD—
<http://www.webmd.com/>



ROCKY RIVER PUBLIC LIBRARY WELLNESS RESOURCES

YOUR LIBRARY has many great resources available to help you with your wellness goals!



Whether it is nutrition and recipe information, a yoga DVD, or the latest on alternative medicine that you are looking for, please call or visit the Library to enlist the help of a reference librarian. They can help you re-search any of the topics in this brochure. We look forward to supporting your wellness goals!

Rocky River Public Library, 1600 Hampton Road, Rocky River, OH 44116
(440) 333-7610, www.rrpl.org

HOOPLA

hoopla is an innovative new service available through RRPL to bring you thousands of movies, television shows, music, and audiobook titles for free. All you need is a library card and a web browser, smartphone, or tablet. Immediate availability on everything, no wait lists, and automatic returns!

Examples of items available through hoopla:

Video

- Jillian Michaels: One Week Shred
- Rodney Yee's Daily Yoga
- Reflexology Massage
- Guided Relaxation for Stress
- 5 Day Fit Chi
- The Brain Fitness Program (PBS)

Audiobooks

- Wheat Belly
- Lose It for Life
- Reversing Diabetes
- Veganist
- The Great Cholesterol Myth
- Meditation & Visualization



RRPL MATERIALS COLLECTION

Rocky River Public Library collects materials in many different formats on a wide variety of health and wellness subjects.

Here's just a sampling:

- DVD/Blu-Ray Disc: Yoga, P90X, Pilates, Aerobics, Core
- Magazines: Eating Well, Health, Fitness, Prevention
- Audiobooks: Deepak Chopra, meditation, memory/brain
- Books: Diet, Nutrition, Pregnancy, Immunity, Medicine
- Music CDs: Relaxation, Sleep, New Age, Spirituality

RRPL ONLINE RESOURCES FOR HEALTH RESEARCH

Rocky River Public Library provides free access for cardholders to online databases useful for looking up journal articles, magazine articles, consumer health information and alternative health topics. To access our databases, visit www.rrpl.org, click on "Research Resources" from the left and choose "E" from the alphabetical list for EbscoHost or "N" for NetWellness. Alternately, click "Health & Medicine" from the subject list provided for more sources.

EbscoHost – This large database is made up of a number of individual resources, including a number of different health-related sources such as:

- Academic Search Premier: scholarly journal and peer-reviewed articles
- Alt HealthWatch: complementary, holistic, and alternative health care topics
- AHFS Consumer Medication Information: patient drug information
- Consumer Health Complete: comprehensive resource for consumer-oriented health content
- Health Source/Consumer Edition: over 80 full-text consumer health magazines (Harvard Health Letter, Men's Health, Better Nutrition, Prevention)
- MasterFILE Premier: database with over 1700 full-text periodicals from many subjects (*Consumer Reports On Health, Shape, Tufts Health & Nutrition Letter*)
- Psychology and Behavioral Sciences Collection: world's largest full-text psychology database covering nearly 400 journals

NetWellness – A non-profit consumer health website with high quality information provided and evaluated by medical and health professional faculty at Case Western Reserve University, The Ohio State University, and University of Cincinnati.