

Can you trust the health information you find online?



MaineHealth Learning Resource Center

The internet gives you health information at the click of a button but how do you know if the information is reliable and safe? Our team of trained health educators can help!

Visit us in the library on the first floor for books, classes and reliable online information on:

Aging **Surgery** Parenting Blood Pressure Healthy Eating Caregiving
Cholesterol **Physical** Mental Health **Cancer**
Celiac Arthritis Activity ADHD Women Domestic Abuse
Sleep Parkinson's **Health Information**
Kid's Behavior Puberty **Sex** Grief Advance Care Planning Support Groups
Classes Mindfulness Kids Addiction **Groups**
Insurance Men **Diabetes** Chronic Pain Autism **Stress Reduction**
Change

No time to stop today? Call us to receive the information you need by email.

866-609-5183