

State Library Services Updates

Health and Fitness Information for the New Year

January 2013



Are better health and fitness part of your New Year's resolutions? Or do you need information for a loved one? Consumer Health Complete offers convenient access to health care information.

This resource contains full-text articles from:

- Evidence-based consumer health reports and patient fact sheets that provide comprehensive overviews of a topic, its symptoms, risk factors, treatment options and so on.
- More than 250 health encyclopedias and reference books, including: American Medical Association Complete Medical Encyclopedia and Cornell Illustrated Encyclopedia of Health.
- Consumer health pamphlets from organizations such as the Centers for Disease Control & Prevention, Food and Drug Administration and the American Red Cross.
- Consumer health magazines such as Men's Health, American Fitness and Running & FitNews.
- Drug information from authoritative sources such as the Lexi-PAL Drug Guide and The Complete Guide to Prescription and Non-Prescription Drugs 2010.
- Alternative health journals such as Yoga International and Alternative Therapies in Health & Medicine.
- An image collection of illustrations, photographs and diagrams.
- More than 240 medical animations and more than 3,000 health videos.

Click [here](#) to access Consumer Health Complete. If accessing this database remotely, you will be prompted to authenticate. Contact State Library Services for the username and password.



Library Closures

The West Virginia Library Commission will be closed the following days:

- December 31, 2012,
1:00 PM—5:00 PM
- January 1, 2013
- January 21, 2013

Capitol Reads Book Discussion Group 2013 Reading List

The Capitol Reads Book Discussion Group has selected its 2013 reading list. This years' lists includes:

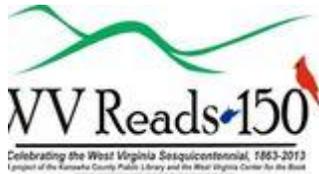
[Founding Mothers](#)

[Beekeeper's Lament](#)

[Clay's Quilt](#)

Capitol Reads meets the third Thursday of each month. For a full list of titles or more information, contact [Megan Tarbett](#).

West Virginia Reads 150



We are very proud to announce the launch of West Virginia Reads 150, a reading challenge that celebrates West Virginia's 150th birthday in 2013. This program is being sponsored jointly by the West Virginia Center for the Book at the West Virginia Library Commission and the Kanawha County Public Library. Additional support comes from the West Virginia Humanities Council and the U.S. Institute for Museum and Library Services.

The year-long reading initiative encourages West Virginians to read 150 books in any format (printed book, e-book, audiobook, downloadable text, etc.) from any source, during the course of 2013, West Virginia's sesquicentennial year. Books can be on any topic, fiction or non-fiction; they must be read between January 1 and December 31, 2013.

People can read 150 books individually, or create teams to read 150 books collectively. Libraries across West Virginia are encouraged to form teams to compete. Teams, which can have up to 15 members, must choose a name and select a leader to keep track of the books read by team members.

All ages and groups can participate – friends, coworkers, book clubs, classmates, seniors, etc. If children are too young to read on their own, kids can have their parents read to them. Families can use their Summer Reading Program reading toward their West Virginia Reads 150 tally.

For complete details about the program, please visit the program [website](#).

Questions or comments? Contact us at wvlcref@wv.gov or call at (304) 558-2045.

State Library Services Library is located in the Culture Center, Building 9.

Hours are Monday through Friday from 8:30 am until 5:00 pm.