

LEARNING RESOURCE CENTER

newsletter

Issue 33

January 2023

HYPERTENSION

Join us on January 18 from 12-1pm as SIHF Healthcare presents on hypertension.

Learn what happens when it's not treated, how to reduce your blood pressure and which foods to increase or avoid.

Participants can join in person or via Zoom.

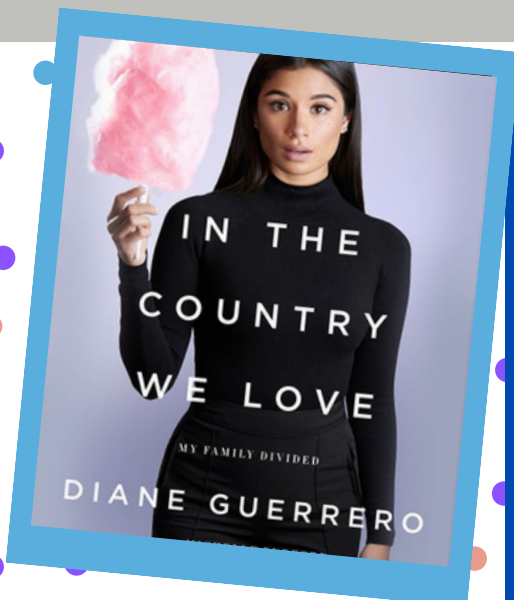
Contact the LRC to register.



BASIC COMPUTER SKILLS

Contact the LRC to schedule a time to meet with our staff one-on-one for some basic computer skills training. Areas include:

- Using a mouse
- Starting a Word document
- Opening a website
- Email
- Downloading a file
- And more...just let us know your needs!



BOOK CLUB

Our January book is *In the Country We Love* by Diane Guerrero. Contact the LRC to sign up and reserve your free copy. Book Club meets on the last Friday of the month, January 27, both in person and via Zoom.

Check out the January calendar for all of the LRC events and activities.

DECEMBER RECAP

- All Month-DVD Binge Bundles
- Each Wednesday in December-Holiday edition of Bilingual Spanish Story Time.
- Dec 6-10 Warning Signs of Alzheimer's
- Dec 15-Let's Create: Coasters
- Dec 16-LRC Book Club: The Wish

LUNCH & LEARN

Carrolton Bank is helping us kick off the new year with a Lunch and Learn on January 11 from 12-1pm. They will be presenting on "Using Your Tax Return Wisely". Join in person or via Zoom. Contact the LRC to register.

LET'S CREATE

The next Let's Create event will be on January 26 where we will be creating Vision Boards to help guide our way through 2023. What are your hopes and goals for the new year? Creating a vision board will help you actualize them. Call or email the LRC to register.

Find us on Social Media

@siue.esl.lrc.1



@SIUE_ESLC_LRC

Hours of Operation

Monday-Friday

8:30am-4:30pm

siue.esl.library@siue.edu

618-874-8719

All services and activities are FREE!
 Call: (618) 874-8719 or e-mail: siue.esl.library@siue.edu

Hours of Operation
 Open : Monday-Friday
 8:30 a.m.-4:30 p.m.
 Closed : Saturday-Sunday



JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 The LRC is now a Metro East Diaper Bank distribution center! We will give away up to 200 diapers sizes newborn-3 each month at no cost and on a first-come, first-served basis!	3 	4 Visit the LRC's Facebook page today to watch! @siue.esl.lrc.1	5 Contact the LRC to schedule a 30-minute basic computer skills training session! (618) 874-8719 or siue.esl.library@siue.edu	6 Follow the LRC on Instagram @siue_esl_lrc
9 The LRC is now a Metro East Diaper Bank distribution center! We will give away up to 200 diapers sizes newborn-3 each month at no cost and on a first-come, first-served basis!	10 	11 Lunch available 11:30 a.m. - 12:1 p.m. CARROLLTON BANK	12 	13
16 The LRC will be closed today.	17 	18 Hypertension educational presentation with SIHF Healthcare in-person and via Zoom. 12-1 p.m.	19 	20
23 Support your Learning Resource Center and stay informed about all of our exciting, upcoming events by LIKING US ON FACEBOOK! @siue.esl.lrc.1	24 	25 Visit the LRC's Facebook page today to watch! @siue.esl.lrc.1	26 1-2 p.m. This month: Let's Create a Vision Board! In-person only.	27 Pick up your copy of <i>In the Country We Love</i> in the LRC. First-come, first-served!
30 Support your Learning Resource Center and stay informed about all of our exciting, upcoming events by LIKING US ON FACEBOOK! @siue.esl.lrc.1	31 	 Visit the LRC's Facebook page today to watch! @siue.esl.lrc.1	 1-2 p.m. This month: Let's Create a Vision Board! In-person only.	 Pick up your copy of <i>In the Country We Love</i> in the LRC. First-come, first-served!

