

We Invite You to Become a FAN of the WHRL!

FANs of the WHRL are *Friends and Neighbors* who support our mission:

To advance and promote the health of the individual, family, and community.

Your membership and generous gifts of cash support the library's greatest needs like educational programs, speakers, community outreach programs, online subscription fees, books, DVDs, and periodical subscriptions.

Being a FAN has many benefits. In addition to the satisfaction of knowing you are contributing in a fundamental way to your community, you receive...

- Invitations to special events
- Invitation to the annual FAN appreciation event held in August
- A free subscription to the WHRL Wind, the library's newsletter

If you wish, you may allocate a portion of your dues to one or more of our special library program funds. This is a wonderful way to remember a loved one. A FAN membership makes a wonderful gift, especially for out-of-town folks because it will keep them abreast of WHRL activities. Dues and donations are tax deductible to the extent provided by law.



Summer Program for Girls, 2009.

Bulk Rate
U.S. Postage
PAID
Milbridge, ME
Permit #2

Women's Health Resource Library

Milbridge, Maine
www.whrl.org

Program Schedule 2009-2010

Join us for the

Elaine Hill Memorial Walk

Saturday, October 10, 2009 @ 9 a.m.
Starting at the Vets Club in Milbridge

The three-mile walk is being held in memory of the late Elaine Hill, who served the community as a nurse at the Milbridge Medical Center for over thirty years. She lost her battle with breast cancer in February this year. Donations will go toward the Elaine Hill Nursing Scholarship. Stop by, call or visit www.whrl.org for a Walk pledge form.

Friends and Neighbors (FAN) Annual Membership Form

Name: _____
Address: _____
Town: _____
State/Zip: _____
E-mail: _____
Telephone: _____

You may also go to our Web site at www.whrl.org to make a secure online donation using your debit card, MasterCard, Visa, Discover or American Express via PayPal. You do not need a PayPal account to make a donation using this secure service.

I would like to volunteer with the following types of activities at the WHRL:

- | | |
|--|--|
| <input type="checkbox"/> Substitute at the Library desk | <input type="checkbox"/> Assist with community outreach |
| <input type="checkbox"/> Milbridge Days pie sale | <input type="checkbox"/> Contribute to the WHRL Newsletter on health and wellness subjects |
| <input type="checkbox"/> Assist with online auctions and flyers throughout Washington and Hancock counties | <input type="checkbox"/> Help with garden |
| | <input type="checkbox"/> Assisting at special events |

Annual Membership Level

- \$10 Student
- \$25 Individual
- \$50 Family
- \$250 Patron
- \$500 Business Patron
- \$1,000 Sponsor

Additionally, I would like to donate \$ _____.

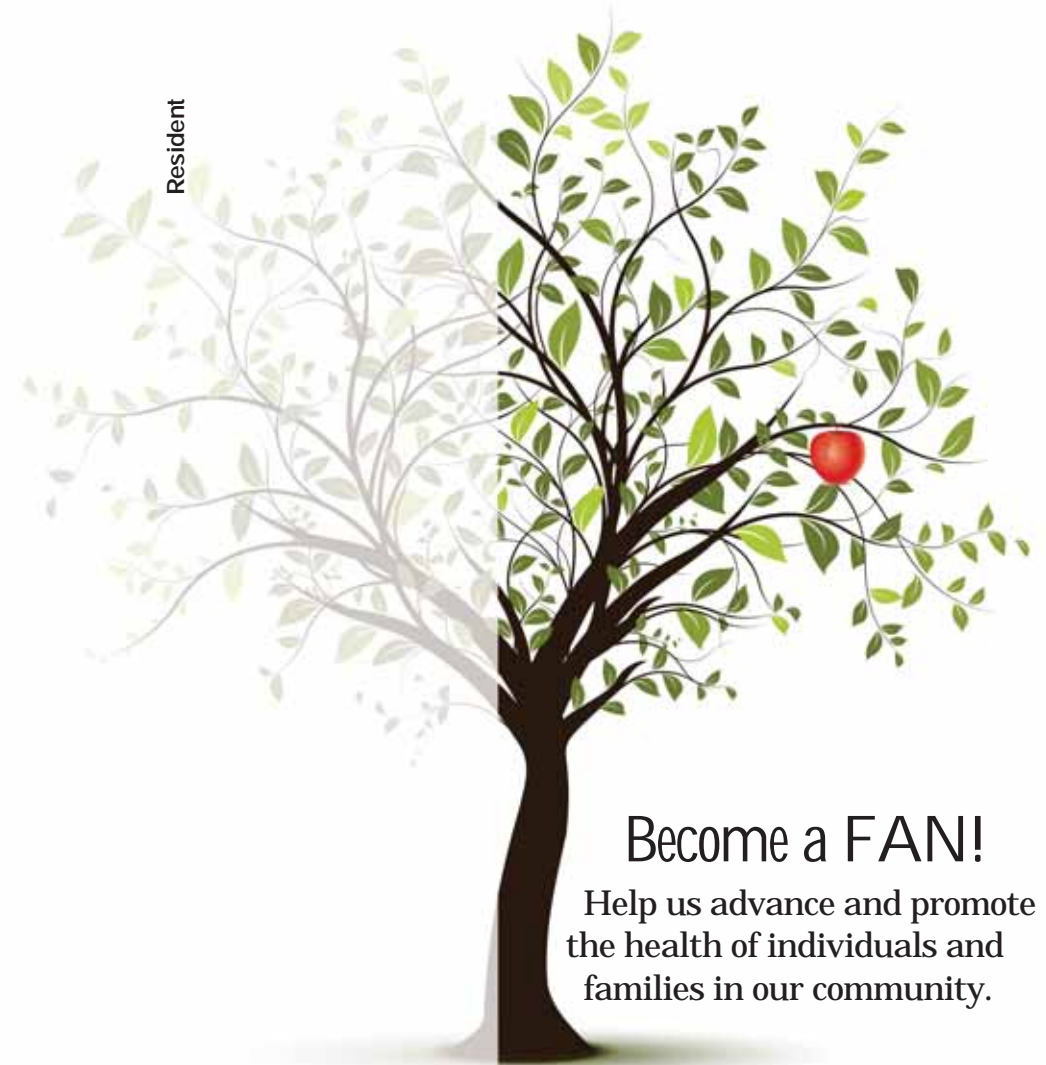
Total enclosed: _____.

Please make checks payable to: WHRL

Send membership form to:
Women's Health Resource Library
P.O. Box 463, Milbridge, Maine 04658

We thank you for your generous support!

Women's Health Resource Library
Post Office Box 463
Milbridge, ME 04658



Become a FAN!

Help us advance and promote the health of individuals and families in our community.

Our approach to health is all about disease prevention and wellness promotion. We give people the tools they need to maintain and improve their health. We encourage personal responsibility in choosing lifestyle habits that ensure health and vitality.

We believe passionately in our mission: To advance and promote the health of the individual, the family, and the community.



Since our founding, the Women's Health Resource Library has become a vibrant and valuable part of the Downeast community.

We hope you take the time to enjoy all of our resources.

Welcome!

All members of the community are invited to use our lending library, which features a collection of the most up-to-date books on many subjects including:

- Alternative medicine
- Pregnancy, childbirth and breast feeding
- Menopause & aging
- Relationships & families
- Sexuality
- Men's health
- Grief & loss
- Personal growth, self help
- Diabetes & nutrition
- Fitness and exercise
- Addiction and recovery
- Teen Issues
- Heart Health

The WHRL also has a growing reference library which includes a variety of monthly periodicals and newsletters from the Mayo Clinic, Harvard Medicine, Tufts and Duke Medicine Health News.

We also offer computers with high-speed Internet for research and have a variety of DVDs and videos for use on site in our private viewing room or for loan.

About The WHRL

The Women's Health Resource was founded by executive director, Chris Kuhni to provide the citizens of Downeast Maine with quality health education materials and programming. Kuhni, a women's health nurse practitioner, saw the acute need for a resource of this kind and assembled a group of volunteer and financial supporters to create this unique center.

We are also here in part because of the generous financial support of our corporate sponsors, Down East Community Hospital, Jasper Wyman and Sons, Mark Wright Disposal & Construction and the many in-kind gifts from our ardent supporters. We thank you all.

Volunteers

Our volunteers are the very foundation of our organization. If you would like to become a WHRL volunteer please feel free to stop by the library or call to talk with us about how you may become involved with the WHRL.



Bonebuilders Group meets twice weekly on Tuesday and Thursday at 9 a.m. Medical clearance is required. Come join us!

Hours

Monday through Thursday, 9-4:30 p.m.

Location

The Women's Health Resource Library is located at 24 School Street, Milbridge, Maine

Take U.S. Route 1 to Milbridge. Turn onto U.S. Route 1A (Drop Anchor Realty will be on the corner). Take your first right turn onto School Street. The library is located at the end of School Street behind the Milbridge Medical Center.

Playgroup meets Monday mornings from 9 to 10 a.m.



The Women's Health Resource Library was recognized this spring with the Governor's Exemplary Service Award.

The WHRL believes that healthy communities are vital for everyone's well being and offers a variety of monthly programs which are open to all and feature speakers offering timely advice on a variety of topics.

All programs are free unless otherwise noted, but registration is required. Call 546-7677 to register. For more details on these programs go online to www.whrl.org

Ladies Night Out For Breast and Bone Health: Elaine Hill Memorial Breast Cancer Prevention Lecture

Date: Tuesday, October 13, 2009

Time: 5:30-7:00 p.m.

Presenters are Robin Long from Caring Connections at Eastern Maine Medical Center and Christine Kuhni, WHNP at the Milbridge Medical Center.

Support Group for Caregivers of Spouses and Adult Family Members

Date: Tuesdays from October 20 - November 24, 2009

Time: 5:30 to 7:00 p.m. Meets weekly for six weeks.

Anyone caring for a parent or spouse is welcome. Space is limited, please register early. Group facilitator is Fran Bodell, LCSW.

Cooking Light On a Budget

Date: Monday, January 11, 2010

Time: 3:00 to 5:00 p.m.

Presenters are Chef Marie Emerson and Denise Harris, Registered Dietician.

For additional programming information, check our Web site at www.whrl.org.

207-546-7677 • 24 School Street, P.O. Box 463, Milbridge, ME 04658

Upcoming Programs

Fighting Healthcare Costs: Free and Reduced Rate Medications

Date: Monday February 15, 2010

Time: 6:00 to 7:00 p.m.

Learn about programs to help with the rising cost of prescription drugs. Presenters are Amber Farnsworth from Milbridge Medical Center.

Getting The Most From Your Healthcare Visit

Date: Tuesday March 16, 2010

Time: 6:00 to 7:30 p.m.

Presenters are: Alf Wakman, PA-C; Curtis Russett, NP; and Christine Kuhni, WHNP.

Menopause Support Group - Surviving "The Change"

Dates: April 13 , 20, and 27, 2010

Time: 6:00 to 7:00 p.m.

This group will meet, learn, and share experiences once a week for 3 weeks. Chris Kuhni is a Women's Health Nurse Practitioner and the only provider in Maine certified as a menopause clinician by the North American Menopause Society. Space is limited, please register early.

Women - Keeping Safe

Date: Monday May 10, 2010

Time: 5:30 to 7:00 p.m.

Back by popular demand! Safety is an issue for all women - even in Downeast Maine. This program will provide a discussion for women about keeping safe on the street, at home, in your car, dating, and in the workplace. Lee-Lee Schlegel is the presenter.

Ongoing Programs

Bone Builders: Tuesdays and Thursdays 9 to 10 a.m. (medical clearance required)

Playgroup: Mondays 9 to 10 a.m. This program is for parents with children ages newborn to 3 years; siblings up to age 5 years-old are welcome.

Weight Watchers: Wednesdays 5:30 to 7 p.m. Call 546-2233 for details

Yoga: Thursdays 5:30 to 7 p.m. (\$10 per session)

Yoga: Saturdays 8:30 to 10:00 a.m. (\$10 per session)

Diabetes Support Group: 3rd Friday of the month from Noon to 1 p.m.

Free Blood Pressure Check: 1st Monday of the month from 9 to 10 a.m.

Individual Smoking Cessation Counseling: Call 546-7677 for details

Coffee and Conversation: Wednesdays: 9:30 to 10:30 a.m.



Heart Healthy Event, February 2009.