

# January

KANSAS CITY PUBLIC LIBRARY

# Wellness

[kclibrary.org](http://kclibrary.org)

[health@kclibrary.org](mailto:health@kclibrary.org)

816.701.3672



## Setting Intentions for 2021

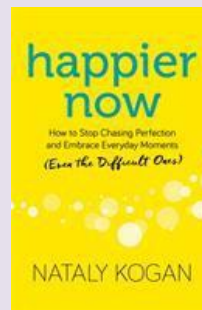
Every year people set New Year's resolutions on January 1st - and by the end of February most of those resolutions are out the window.

Instead of setting resolutions to create a "new you", these books will help you to set the intention of loving yourself (and others) as is.

Join us for **Happiness Habits** on January 4<sup>th</sup> at 3 pm for a special program on setting intentions for the New Year.

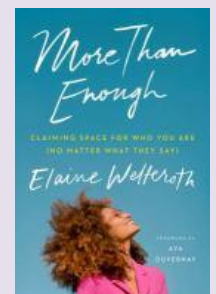
RSVP for Happiness Habits and find more great wellness resources at [kclibrary.org](http://kclibrary.org).

*Love for Imperfect Things: How to accept Yourself in a World Striving for Perfection*  
by Haemin Sunim



*Happier Now: How to Stop Chasing Perfection and Enjoy Everyday Moments*  
By Nataly Kogan

*More Than Enough: Claiming Space for Who You Are (No Matter What They Say)*  
By Elaine Welteroth



*Library classes and activities on back*



Healthy Lifestyles



Exercise + Fitness







Food + Nutrition



Health Information



Mental Health

TYPE	CLASS/ACTIVITY	DATE + TIME	LOCATION
	<b>Happiness Habits</b> As we face ever changing uncertainty in our daily lives, we know there are habits that foster happiness regardless of our circumstances. Join us as we start our week developing simple habits for greater happiness based on experts in the field. In partnership with Jewish Family Services as part of the Greater Kansas City Mental Health Coalition..	Mondays, 3:00-3:30 pm	Online
	<b>Staying Healthy At Home: Gardening</b> Monica Miller, Nutrition Program Associate for University of Missouri Extension, presents a short lesson on gardening at home.	Friday, January 8, 3:00-3:30 p.m.	Online
	<b>Medicare Made Easy</b> Learn the basics of Medicare enrollment and get your questions answered.	Tuesday, January 12, 4:30-5:30 p.m.	Online
	<b>Work From Home Wednesdays</b> Working from home while managing children in a virtual school environment poses many challenges. Join us for some outside-the-box strategies that will benefit you and your kiddos.	Wed., January 13, 4:00-5:00 p.m.	Online

RSVP for online programs on the library calendar at [kclibrary.org](http://kclibrary.org)

**Exercise with NickiFit – Join us for free online exercise classes through the library calendar link. No RSVP required.**

**Cardio Kickboxing:** Tuesdays, 6:30 p.m.  
**Tabata Kickboxing:** Wednesdays, 5:00 p.m.

**Full Body Chair Workout:** Thursdays, 9:00 a.m.  
**ABSolutely Amazing Abs:** Thursdays, 6:30 p.m.

Find more wellness resources

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**Central Library** | 14 W. 10<sup>th</sup> St. | Kansas City, MO 64105 | 816.701.3400  
**L. H. Bluford Branch** | 3050 Prospect | Kansas City, MO 64128 | 816.701.3482  
**North-East Branch** | 6000 Wilson Rd. | Kansas City, MO 64123 | 816.701.3485  
**Plaza Branch** | 4801 Main St. | Kansas City, MO 64112 | 816.701.3481  
**I. H. Ruiz Branch** | 2017 W. Pennway | Kansas City, MO 64108 | 816.701.3487

**Southeast Branch** | 6242 Swope Pkwy. | Kansas City, MO 64130 | 816.701.3484  
**Sugar Creek Branch** | 102 S. Sterling | Sugar Creek, MO 64054 | 816.701.3489  
**Trails West Branch** | 11401 E. 23<sup>rd</sup> St. | Independence, MO 64052 | 816.701.3483  
**Waldo Branch** | 201 E. 75<sup>th</sup> St. | Kansas City, MO 64114 | 816.701.3486  
**Westport Branch** | 118 Westport Rd. | Kansas City, MO 64111 | 816.701.3488