

Programs for New and Expecting Parents



In early 2017, after the Baby Space at the Main Library opened, the Library partnered with IU Health Women and Children's Services on a series of programs for new parents. IU Health had offered similar programs in other locations but was eager to move into the Library's welcoming, accessible space. The Library was, and continues to be, excited to offer programs led by knowledgeable registered nurses that address the mental and physical health of parent and baby. The series kicked off with Moms' Mondays, followed closely by Yoga with Baby. [Read more](#)

Posted by Paula G.O. on August 27, 2019

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Fitness at the Library



When you think "Library," do you think physical and mental fitness? Well, if you don't, you should! Throughout the year, the Library offers free programs all about staying healthy and improving fitness. Now that summer is upon us, the Library is offering even more ways to exercise. Every Monday evening, drop by for Yoga for the Community. Robin Halpin Young of Maxwell House Yoga teaches why the joyful practice of yoga is so powerful for keeping you healthy in body, mind, and spirit.

Speaking of mind and spirit health, have you heard of Being Bloomington: Being Peace? During this program, enjoy periods of silence accompanied by soothing, live, meditative music. Kat Forgacs leads participants through seated meditation, Tai Chi, and more. [Read more](#)

Posted by Paula G.O. on June 11, 2019

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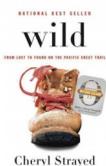
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Wild & Other Hiking Related Books



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The Pacific Crest Trail is a 2,663 mile long trail reaching from the Canadian border in northern border in Washington, through Oregon, to the Mexico border in southern California. Hiking this trail can take 4-6 months and it purposefully avoids civilization. The Cascade and Sierra Nevada mountains make for both difficult hiking and beautiful unspoiled scenery.

After a trying few years after the death of her mother, author Cheryl Strayed started her PCT trail hike despite her outdoor inexperience. Her book, *Wild: From Lost to Found on the Pacific Crest Trail* chronicling her hike came out this past spring and was well reviewed. I promptly put this book on my to-read list as doing a long hike lingers at the bottom of my life to-do list.

Looks like I will have to wait to read this memoir a little bit longer as this past week Oprah selected *Wild* as the first title of her new Oprah Book Club 2.0. As of this morning there were quite a few holds on this book, but I'm thinking the wait just might be worth it. [Read more](#)

Posted by sbowman on June 4, 2012

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[Get Reading, Get Moving!](#)



Whew! Looks like Spring has *finally* arrived! What a great time of the year to get outside and [Get Moving!](#)

Whether you like to hop, jump, skip, kick a ball, ride a bike, or do some yoga, there are a lot of ways to exercise for fun - and we have a lot of books with great tips on how to keep your body fit and strong. Did you know that in addition to keeping your heart and muscles strong physical activity can also keep your brain strong?

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Posted by Lisa C. on April 9, 2011

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