

HEALTH AND WELLNESS RESOURCE CENTER



Health and Wellness Resource Center is a subscription database that includes magazines, journals, newspapers, definitions, directories and information on: Fitness, Pregnancy, Medicine, Nutrition, Diseases, Public Health, Occupational Health and Safety, Alcohol and Drug Abuse, and Prescription Drugs.



WHY USE HEALTH AND WELLNESS RESOURCE CENTER?

You need articles on a health topic.

You need the address of a health-related association.

You need a definition of a medical term.



HOW TO ACCESS HEALTH AND WELLNESS RESOURCE CENTER

From the Library:

- Go to the Chester County Library System's Website, <www.ccls.org>.
- Click on **Databases** in the left green column beneath **Search**.
- Choose **Health and Wellness Resource Center** from the list.
- Click on **Proceed**.

From Home:

- Go to the Chester County Library System's Website, <www.ccls.org>.
- Click on **Databases** in the left green column beneath **Search**.
- Choose **Health and Wellness Resource Center** from the list.
- Enter all 14 digits of your library card number in the box provided. Click on **Proceed**.

HOW TO USE HEALTH AND WELLNESS RESOURCE CENTER

On the right side:

- Enter a word or phrase in the **Search** box *or*
- Click on **Advanced Search** to enter multiple fields.
- When a search is complete, select the tab (**Books and Fact Sheets, Magazines & Journals, Drugs, Pamphlets, Video** or **News**) to limit to type of material. Note the **Related Searches** in the **left sidebar**.

OR

- Click on **headline** under **Topics in the News** or **Health Highlights** to learn about specific topics.
- Click on **Health News** to search for very recent newspaper articles, *or*
- Click on **Medical Dictionary** to search for a definition.

On the left side:

- Find information on a specific medical condition or disease from the *Gale Encyclopedia of Medicine* using the **More** link in the **Conditions and Diseases** box.

OR

- Enter a drug name in the **Find a Drug** box to find information about a drug from the *PDF Family Guide to Prescription Drugs*

OR

- Enter a keyword in the **Search a Directory** box to find contact information for health agencies and products.

This database is designed for educational purposes only, and is not engaged in rendering medical advice or professional services. Any medical decisions should be made in consultation with your physician.



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