

live well AT THE LIBRARY

2nd Monday of the Month
10:30AM to 11:30AM
Humboldt Public Library



Join us each month to learn and discuss a new topic to improve your health, well being and self-esteem.



Humboldt Public Library
30 North 6th Street

✉ Questions? +515-332-2492

📍 Humboldt Public Health: 1000 15th St. N.

🌐 humboldthospital.org

OCT.
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Cooking for One or Two

Amanda Thul, RD
Dietitian

NOV.
13

Depression & Anxiety

Nolan Vitzthum, LISW
(Licensed Social Worker)

JAN.
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Diabetes Prevention

Jennifer DeWinter, RN
Diabetes Educator

FEB.
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Living With Diabetes

Jennifer DeWinter, RN
Diabetes Educator