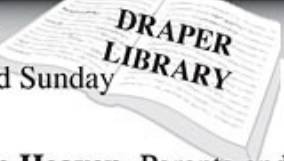


Library Events

1136 East Pioneer Road (12400 South) • 801-943-4636

Mon.-Thurs. 10 a.m. to 9 p.m. Fri.-Sat. 10 a.m. to 6 p.m. • Closed Sunday



Jan. 6, 7 p.m. Adults
Ann Cannon - Boys and Books: A Match Not Always Made in Heaven. Parents and educators alike will tell you that the love of reading (sadly) doesn't always come naturally to boys. Is there anything a concerned adult can do? Ann Cannon's experiences as a teacher of children's literature, a bookseller, a writer and a mother of five sons have convinced her that the answer is yes. She'll discuss strategies and specific titles which have been successful with real live boys. This program is at the Whitmore library, 2197 Fort Union Blvd. This speaker is provided by the Utah Humanities Council.

Jan. 7, 4 p.m. Boys ages 7 to 11
No Girls Allowed. Snakes, snails and underwear tales. Worms, squirms and other fun stuff just for boys. Pick up free tickets at the library the day of the program starting at 3:45 p.m. until the program begins at 4 p.m. Note the age requirement. Arrive on time.

Jan. 10, 7 p.m. Families
The Pajama Monster. Young Glenwood Haggins doesn't want to give up his beloved onesies for the new, big boy pajamas his mom wants him to wear. But mom makes him. Big mistake. For little does mom know, these new pajamas will turn him into a monster. Told with a blend of puppets and live acting. This fun tale is safe for kids of all ages and will entertain the littlest of the littles and the biggest of the bigs.

Jan. 17, Holiday. Library is closed.

Jan. 18, 7 p.m. Families
Fun Flicks. Come to a movie at the library.

Jan. 19, 7 p.m. Girls ages 8 to 12 with an adult
Great Reads for Girls. Come to the library for lively discussions, friendship and fun. This month's book is "Unfinished Angel" by Sharon Creech. Note the age requirement. No younger siblings, please.

Jan. 20, 7:30 p.m.
Get Organized. (GO) January is Get Organized month. If you are overwhelmed at the thought of getting organized, a Clear & Simple organizing expert will show you how to make organizing fun, freeing and simple.

Jan. 27, 4:15 p.m. Elementary ages
Terrific Thursday. You may not know this, but Thursdays are terrific. Come enjoy an activity.

Jan. 31, 7 p.m. Families
Bill Harley. Come and see Emmy-winning storyteller, singer and songwriter, author and genuine great guy Bill Harley in concert. This event is presented in partnership with the Timpanogos Storytelling Festival. Call library for more information.

Feb. 3, 7 p.m.
Health for Your Heart - Heart Attack and Stroke: What You Need to Know. Learn the basic facts of cardiovascular disease; how to recognize the common and not-so-common signs and symptoms of heart attacks and strokes and what to do if these occur. Risk factors for the development of cardiovascular disease and how to reduce your risk will be discussed.



Intermountain Alta View Hospital

By Becky Kapp – Administrator, Intermountain Alta View Hospital

How healthy is your heart?

Join us for a free community lecture and learn how Alta View Hospital's team of nationally renowned cardiac specialists can help diagnose and treat heart disease

Avoiding heart disease is a priority to almost everyone who's concerned about their health — whether or not you have a family history of heart disease. To help make sure my heart is healthy and I don't develop any of the early signs of heart disease, I do what a lot of people do; I make sure I exercise regularly and eat right.

But sometimes, regardless of how strict we are, heart disease still develops. That's why Alta View Hospital helps provide high-quality heart care diagnosis and treatment services. Our advanced center for cardiovascular imaging includes echocardiograms, nuclear cardiology, cardiac MRI and CT, EKG-based services, and pacemaker adjustments.

We have a team of nationally renowned cardiologists who are established heart care experts and who understand the important role diagnosis plays in the treatment process. This team includes Kent Meredith, MD, Ruben Zito, MD, and Edward Miner, MD from Intermountain Utah Heart Clinic at Alta View Hospital as well as Steven Rokeach, MD, Kris Nielson, MD, and Stephen Miller, MD.

The majority of their heart patients are seen right here at Alta View Hospital. Our extraordinary heart care team includes cardiologists who are board-certified in cardiovascular medicine, along with nurses and techs who specialize in diagnostic heart procedures that can deliver immediate care when it matters most.

Our unique, integrated relationship with Intermountain Medical Center, Intermountain's referral center — which houses a centralized heart catheterization lab for interventional cardiovascular procedures — means that patients who come to Alta View Hospital experiencing a serious, life-threatening heart attack will have access to the highest level of care in the most critical situations through our rapid treatment protocol.

Time is essential during a life-threatening heart attack. The nationally accepted goal for patients who present at an emergency department with a heart attack is to start providing treatment in a heart catheterization lab within 90 minutes. At Alta View Hospital, these patients can be diagnosed and transferred to the heart catheterization lab at Intermountain Medical Center within 60 minutes.

Our rapid treatment protocol involves cooperation between local EMS agencies, cardiologists, and emergency room physicians and nurses to diagnose patients quickly and, if necessary, get them to the heart catheterization lab at Intermountain Medical Center ASAP.

Come to a free community lecture to learn more. Join us on Wednesday, January 19, at 6:30 p.m. at Alta View Hospital's classroom B for a free workshop featuring Kent Meredith, MD, from the Intermountain Utah Heart Clinic at Alta View Hospital. Dr. Meredith will talk about how to recognize symptoms of heart disease and what you can do about them. His presentation will be followed by a short Q&A session. We'll also be giving away free pedometers while supplies last. Light refreshments will be served.

There's no need to RSVP, but if you want more information about the class, call 801-501-2795. You can also find out more about this class and other classes we provide by visiting our website — www.altaviewhospital.org. I hope to see you there!

— PAID ADVERTISEMENT —

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