

## Health & Wellness ... at your fingertips

*The GCHWC is a local nonprofit dedicated to providing health education programs and services for residents of the foothill communities to enhance knowledge and awareness of their health and well-being.*

*Armed with the latest in technology, the GCHWC at the Jackson branch of the Amador County Library provides an opportunity for local residents to access health and wellness resources, free of charge, including:*

- *Health newsletters*
- *Medical Journals*
- *Consumer Health Books*
- *Medical Textbooks*
- *Health Databases*
- *Internet Access*
- *Educational CD-ROM's*

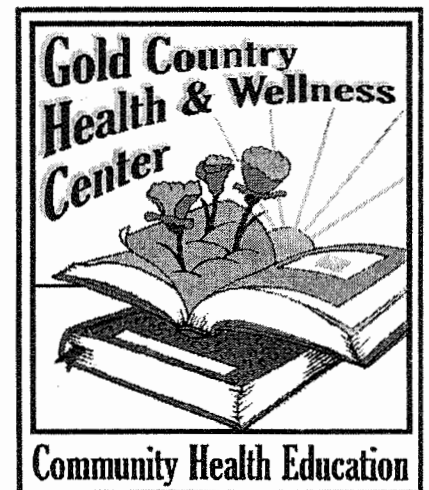
**Gold Country Health  
& Wellness Center**  

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**Amador County Library**  
**Jackson Branch**  
**530 Sutter St**  
**Jackson, California 95642**  
**[www.gchwc.org](http://www.gchwc.org)**

Gold Country Health  
& Wellness Center

# Health Resource Library



**At the Amador County  
Library Jackson Branch**  
**530 Sutter Street**  
**[www.gchwc.org](http://www.gchwc.org)**

# Step Inside...Good Health Awaits...

## Be Proactive

Learning about good health is everyone's responsibility. And the time to learn is before you become sick. Have questions about your health?

Come to the GCHWC at the Jackson Library and learn more about diseases, injuries, medical topics, proper nutrition and more.

Surf the net and learn about herbal remedies or alternative medicine.

Spend your time searching the web for information on life saving techniques, ailments, or the latest on a specific illnesses. Whatever your quest for health information, the GCHWC can help — all free of charge.

## Hours

The Gold Country Health & Wellness Center is available during the following days and times:

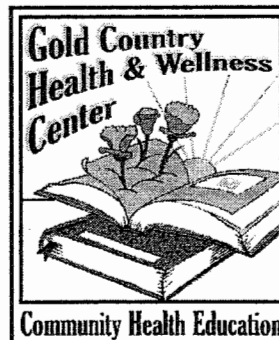
Monday through Thursday

9:30 a.m. to 8:30 p.m.

Friday and Saturday

9:00 a.m. to 5:00 p.m.

*Closed Sunday*



## For More Info...

To be on the mailing list, to be part of the 'adopt a book program' or to make a tax-deductible donation, contact:

**Gold Country Health & Wellness Center**

PO Box 22  
Volcano, CA 95689

209.296.5347

[www.gchwc.org](http://www.gchwc.org)

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