Health & Wellness
Jennifer Hootman/Minitex Reference Outreach & Instruction
Information Needs

- Stress Reduction
- Work / Life Balance
- Nutrition & Supplements
- Mental Health
- Fitness
- Whole Foods & Natural Products
- Health At Any Size / At Any Age
- Alternative Health Resources
Resources

- Consumer Health Complete
- Alt Health Watch
- Health Source: Nursing/Academic Edition
Unique Content

- Drug guides
- Videos
- Fact Sheets/Brochures
- Popular Magazines
- Scholarly Journals & Reports
- Images & Diagrams
- Alternative Sources
Title Lists

- z.umn.edu/chcomplete
- z.umn.edu/ahwatch
- z.umn.edu/hsnursing
Thank You!

- **Contact Us!** 800-624-4150
  mtxref@umn.edu

- **Website:**
  minitex.umn.edu/Reference

- **ELM:** elm4you.org / local library

- **Jennifer:** hootm001@umn.edu