

WE CAN HELP WITH THOSE RESOLUTIONS!

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ith the beginning of a new year upon us, it's time to think about New Year's resolutions. Whatever you have in mind for self-improvement in the year ahead, Redwood City Public Library is available to provide you the information and assistance you need. Following are the top four resolutions people made for 2016, according to Nielsen Research, along with ways the library can help you achieve your goals.

Staying fit/healthy

The library offers a wide selection of books on various exercise plans, as well as workout or yoga DVDs to let you try something new for free. For your trips to the gym or neighborhood jogs, the library's new online streaming service, Hoopla, provides movies and TV shows you can watch, as well as music or audio books you can listen to, making that workout time fly by.

Losing weight

Whether you're looking to go plant-based, grain-free or paleo, go through a detox regimen, or try out the bone broth diet, the library has books, including e-books,

you can use to help select a plan and carry it forward. We also have a great collection of cookbooks, and in 2017 we will be debuting La Cocina, our bicycle-powered, mobile kitchen trailer that will provide healthy cooking demonstrations all around Redwood City.

Spending less, saving more

Every single day of the year, the library hosts educational, recreational and cultural programs for all ages, and they're all completely free (thanks to generous sponsorship by the Friends of the Redwood City Public Library and the Redwood City Library Foundation). From Kindergarten Boot Camp to concerts in the fireplace room, from creative crafts to

holiday celebrations to individual technology coaching, you can learn and have fun year-round. Free and discounted museum passes are also available for over 50 Bay Area destinations through the Discover & Go program, accessible online with your library card.

Enjoying life to the fullest

Taking time to unplug and read a book (or staying plugged in and reading an e-book) can be a great way to escape life's stresses for a few hours. If you want to expand your horizons and learn a new language, you can visit the library's website and use your card to log in to Pronunciator, an online language-learning tool with 80 different languages to choose from, all available 24/7 from the comfort of your home, office or even mobile phone. If you're looking for a place to volunteer to read stories to preschoolers or provide tutoring for students or adults, you can enjoy the rewards of giving back through your library. Whatever you want to learn about, we're here to help.

Wishing you a very happy new year and all the best in making those resolutions a reality!

Editor's note: This article and information is supplied by Derek Wolfgram, library director at the Redwood City Public Library. Look for similar articles in upcoming Spectrum Magazine issues.