

Don't Forget to Bring Your Library Card!

The Grossmont Healthcare District's Health & Wellness Library programs are provided as a benefit to East County community members who have a GHD Library card, which is available to those who live, work, attend school, or access health care services within District boundaries. Library cardholders have registration priority; others may participate in programs when space is available.



Find your library Card Number here



Registration and Waitlists:
Library cardholders can register for a program in-person or by calling or emailing the Library. The physical Library card or card number must be presented at the time of registration. If a program is full, the member will be added to the waitlist.

Make your voice heard!

The Library is a resource of the Grossmont Healthcare District, a public agency that supports the health and wellness of the residents of East County. GHD is governed by a five-member publicly elected Board of Directors who set strategic priorities for the District, including the operations of the Library. If you have questions or would like to provide feedback about the work of the District, the services provided by the Library, or other local community health concerns, the Board wants to hear from you! Meetings are open to the public and held twice monthly, in person or via Zoom, on the first Tuesday and third Thursday. Please check the district website for an up-to-date schedule, including Zoom web access: grossmonthealthcare.org/board-calendar.



GHD Board L to R: Robert Ayres, Maggie Watkins, Virginia Hall, Nadia Farjood, Randy Lenac

Library Programs & Activities

Space is limited. Make sure to call: 619-825-5010 or email: library@grossmonthealthcare.org to reserve your spot.
*Beginning January 1, 2026 all program participants must have a GHD Health & Wellness Library card to register for a program

Fitness Forever Club

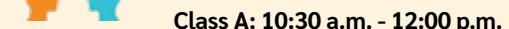
(class is for older adults and seniors)
(1st & 3rd Thursday each month)
Jan. 15th, Feb. 5th & 19th, Mar. 5th

Class A: 9:00 a.m. - 9:45 a.m.
NEW! Class B: 10:15 a.m. - 11:00 a.m.
GHD Courtyard



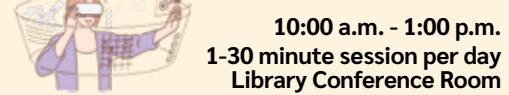
(1st & 3rd Thursday each month)
Jan. 15th, Feb. 5th & 19th, Mar. 5th & 19th

Class A: 10:30 a.m. - 12:00 p.m.
NEW! Class B: 1:00 p.m. - 2:30 p.m.
Library Meeting Room



Virtual Reality Program
(1st & 3rd Friday each month)

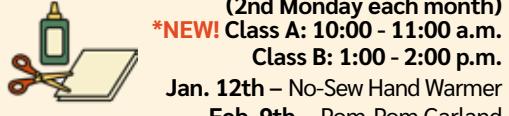
Jan. 2nd & 16th, Feb. 6th & 20th, Mar. 6th & 20th



10:00 a.m. - 1:00 p.m.
1-30 minute session per day
Library Conference Room

Crafternoon Mondays
(2nd Monday each month)

*NEW! Class A: 10:00 - 11:00 a.m.
Class B: 1:00 - 2:00 p.m.
Jan. 12th - No-Sew Hand Warmer
Feb. 9th - Pom-Pom Garland
Mar. 9th - CD & Rope Coasters



Library Meeting Room

Community Health Clinic

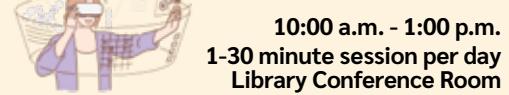
January - No Clinic
February 5th
March 5th

The UCSD Skaggs School of Pharmacy and the San Diego County HHS combine to provide free health screenings (blood pressure and blood glucose) and vaccinations based on availability (COVID-19 & Hep. A).

10:00 a.m. - 1:00 p.m. - No RSVP needed

Quarterly Memory Screenings
Next screening is Feb. 3rd

The Library is offering 30-minute memory screening appointments for people 55+. Screenings are provided on a quarterly basis by staff of the Sharp Neurocognitive Research Center. Appointments are between the hours of 9:00 a.m. and 2:00 p.m.
*Screenings in Spanish available



Walk With a Doc!

Jan. 8th, Feb. 12th, Mar. 12th



Every 2nd Thursday a Sharp-affiliated doctor leads the group on a one-mile stroll through Briercrest Park in La Mesa, offering health tips and answering questions along the way.

9:00 a.m. - 9:45 a.m. Briercrest Park

Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
Jan. 7th, Feb. 4th, Mar. 4th
Class A: 10:00 a.m. - 11:00 a.m.
NEW! Class B: 11:15 a.m. - 12:15 p.m.
GHD Courtyard



Easy Does It Chair Yoga

(2nd Wednesday each month)
Jan. 14th, Feb. 11th, Mar. 11th



Class A: 10:00 a.m. - 11:00 a.m.
Class B: 2:00 p.m. - 3:00 p.m.
Library Meeting Room

Children's Music Storytime

(3rd Tuesday each month)
Jan. 20th, Feb. 17th, Mar. 17th



10:00 a.m. - 11:00 a.m.
Library Meeting Room

Knitting and Crochet Club

Mar. 16th
1:00 p.m. - 2:00 p.m.
Library Meeting Room



Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
Jan. 21st, Feb. 18th, Mar. 18th



10:00 a.m. - 12:00 p.m.
Library Meeting Room

Disclaimer: The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.

What's New in Books

Diet and Exercise

Adaptive Tai Chi: An Accessible Practice for Empowering Body and Mind

Basic Illustrated Wilderness First Aid

Boustany: A Celebration of Vegetables From My Palestine

Cooking as Therapy: How to Improve Mental Health Through Cooking

Cooking for Dysphagia and Other Swallowing Symptoms

Food Intelligence: The Science of How Food Both Nourishes and Harms Us

The Galveston Diet: The Doctor-Developed, Patient-Proven Plan to Burn Fat and Tame Your Hormonal Symptoms

Healing Smoothies for Cancer: Nutrition Support for Prevention and Recovery

Make the Pool Your Gym: No-Impact Water Workouts for Getting Fit, Rebuilding Strength, and Rehabbing from Injury

Move for Life: A Practical Guide to Building Everyday Strength, Balance, and Confidence for Thriving After 65

Science of Strength Training: Understand the Anatomy and Physiology to Transform Your Body

General Health

A Man's Guide to Healthy Aging: Staying Smart, Strong, and Active

Ageless Aging: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan

The AARP Caregiver Answer Book

Bodypedia: A Brief Compendium of Human Anatomical Curiosities

Cancer is Complicated and Other Unexpected Lessons I've Learned

Cancer with Hope: Facing Illness, Embracing Life, and Finding Purpose

The Caregiver's Guide to Cancer: Compassionate Advice for Caring for You and Your Loved One

Celiac Disease: A Hidden Epidemic

ChatGPT MD: How AI-Empowered Patients & Doctors Can Take Back Control of American Medicine

Common Sense Labs: A Practical Guide to Decoding Your Blood Work and Taking Control of Your Health

Dr. Bot: Why Doctors Can Fail Us - and How AI Could Save Lives

The Future of Seeing: How Imaging is Changing Our World

Heal the Healer: A Self-Care Guide for Wellness Workers and Caregivers

Healthy Shoulder Handbook: 100 Exercises for Treating Common Injuries and Ending Chronic Pain

Idiopathic Scoliosis: Understanding and Managing the Condition - A Practical Guide

It Doesn't Have to Hurt: Your Smart Guide to a Pain-Free Life for Families

Living with Pancreatic Cancer: A Patient and Family Guide

Nobody's Girl: A Memoir of Surviving Abuse and Fighting for Justice

No Woman Left Behind: A Journey of Hope to Heal Every Woman Injured in Childbirth

The Parkinson's Plan: A New Path to Prevention and Treatment

Replaceable You: Adventures in Human Anatomy

Surviving Your Doctor: A Roadmap When Cancer, Heart Disease or Other Serious Illness Strikes

Things I Wish I'd Known: Cancer Caregivers Speak Out

Understanding Cancer

Understanding DNA Ancestry

Understanding How Science Explains the World

Vitamins & Supplements for Dummies

The Mind and the Brain

Are You Mad at Me? How to Stop Focusing on What Others Think and Start Living for You

The Biology of Trauma: How the Body Holds Fear, Pain, and Overwhelm, and How to Heal It

Dick Van Dyke: An Optimist's Guide to a Happy Life - 100 Rules for Living to 100

Digital Exhaustion: Simple Rules for Reclaiming Your Life

The Evolution of Imperfection: The Science of Why We Aren't and Can't Be Perfect

Living Well with Social Anxiety: Practical Strategies for Improving Your Daily Life

Managing Your Depression: Strategies to Help You Feel Better

Mayo Clinic on Alzheimer's Disease and Other Dementias

Music Between Your Ears: How Musical Engagement Powers the Human Brain

The Neuroscience of Excellent Sleep

Why Brains Need Friends: The Neuroscience of Social Connection

Parenting

Grandparenting: On Love and Relationships Across Generations

May Contain Anxiety: Managing the Overwhelm of Parenting Children with Food Allergies

Using Literature to Support Children's Mental Health

