

# LEARNING RESOURCE CENTER NEWSLETTER

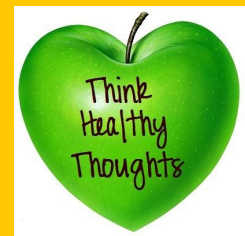
## Hours of Operation

**Monday-Friday**  
8:30 a.m.-4:30 p.m.

**Saturday-Sunday:**  
Closed

## Learning Resource Center's 4 Part "Think Healthy Thoughts" Lunch and Learn Series

Nov. 14 - Nov. 21 - Dec. 5 - Jan. 16



## REMINDER!

The Learning Resource Center, along with the entire East St. Louis Campus, will be closed Thursday, Nov. 28 and Friday, Nov. 29 for the Thanksgiving break. Enjoy your holiday!



### Let's Talk About Diabetes

November 14 is World Diabetes Day. Join the LRC for lunch and an interactive presentation, from Margie Nahass, RN, Pa-C, about the prevention and management of Diabetes.

**Thursday, Nov. 14 12:15-1:45 p.m.**



### You Are What You Eat

The LRC will be hosting a lunch along with an interactive presentation by Margie Nahass, RN, Pa-C, where we'll take a look at how food choices impact our health.

**Thursday, Nov. 21 12:15-1:45 p.m.**



### Hypertension: The Silent Killer

Join the LRC, along with Margie Nahass, RN, Pa-C, for lunch and an interactive presentation about "the silent killer," High Blood Pressure.

**Thursday, Dec. 5 12:15-1:45 p.m.**



### New Year, New You

The LRC will be hosting the final event for this four part series with Margie Nahass, RN, Pa-C, with an interactive presentation about setting healthy goals and patterns for the New Year.

**Thursday, Jan. 16 12:15-1:45 p.m.**



EDWARDSVILLE UNIVERSITY  
EAST ST. LOUIS CENTER

**CARROLLTON BANK**  
Financial Planning Part 1:  
Banking and Budgeting


LUNCH & LEARN

Tuesday, Nov. 5  
12:15 - 1:45 p.m.

Please RSVP to reserve your spot, and your lunch!

618-874-8719  
sue.ed.library@gmail.com

For more information contact:  
The Learning Resource Center  
Building B  
601 James R. Thompson Blvd.  
East St. Louis, IL 62201



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EAST ST. LOUIS CENTER

**CARROLLTON BANK**  
Financial Planning Part 2:  
Saving For an Emergency


LUNCH & LEARN

Tuesday, Nov. 12  
12:15 - 1:45 p.m.

Please RSVP to reserve your spot, and your lunch!

618-874-8719  
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**CARROLLTON BANK**  
Financial Planning Part 3:  
Credit and Credit Score


LUNCH & LEARN

Tuesday, Nov. 19  
12:15 - 1:45 p.m.

Please RSVP to reserve your spot, and your lunch!

618-874-8719  
sue.ed.library@gmail.com

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601 James R. Thompson Blvd.  
East St. Louis, IL 62201



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## Free Financial Planning...and LUNCH!

The Learning Resource Center, along with Nikki Woelfel from Carrollton Bank and Tamika Staten from Prosperity Connection, will once again host a completely free three-part Financial Planning Lunch and Learn series in the LRC's Conference Room from **12:15-1:45 p.m.** Each **Tuesday** session will focus on a different topic; Banking and Budgeting on **Nov. 5**, Saving for an Emergency on **Nov. 12**, and concluding with Credit and Credit Score on **Nov. 19**.

Please RSVP ASAP if you plan to attend to secure your spot, and your lunch!

## Ongoing One-on-one Free Financial Coaching



prosperity connection

**Every Tuesday**, Prosperity Connection's Tamika Staten will hold office hours from **10:00 a.m. to 2:00 p.m.** in the Learning Resource Center's group room. Don't miss the opportunity to discuss your financial future! In addition to her free financial coaching, Tamika can provide no impact credit pulls and money management education. Walk-ins are welcome on a first come first served basis. You can also make an appointment at the LRC's front desk.

## Mark your December Calendars!

**How to Start a Business:  
A Step-by-Step Guide**  
Learn 10 steps to starting a business.

**Tuesday,  
Dec. 10  
12:15 - 1:45 p.m.**



## LRC Storytime Has Gone Mobile!

Library Director for the Learning Resource Center, Rebecca Harper, will be taking her storytelling skills out to the community starting this month. On Wednesdays from 9:00 to 11:00 a.m., she will be traveling to the Cahokia Head Start Center to provide Storytime and crafts to the participants there.



## NOVEMBER CRAFTY FRIDAY

Join the LRC for a fun and festive Crafty Friday. Snacks and materials provided!

Friday, Nov. 8  
12:15-1:15 p.m.



Are you on our e-mail list? Would you like to be?

Let us know by sending an e-mail to [siue.esl.library@gmail.com](mailto:siue.esl.library@gmail.com) so you can stay up to date on all events provided by your Learning Resource Center!

**LIKE US ON  
FACBOOK!**  
[siue.esl.lrc.1](https://www.facebook.com/siue.esl.lrc.1)



### SIUE East St. Louis Higher Education Center Campus Learning Resource Center

For more information, contact:  
The Learning Resource Center,  
Building B  
601 James R. Thompson Blvd.  
East St. Louis, IL 62201  
618-874-8719  
[siue.esl.library@gmail.com](mailto:siue.esl.library@gmail.com)

Did you know you can always find the current and all past calendars and newsletters on the Learning Resource Center's website?

Check us out!  
[http://www.siue.edu/  
learning-resource-center](http://www.siue.edu/learning-resource-center)

**And follow  
us on  
Instagram**  
[@siue\\_eslc\\_lrc](https://www.instagram.com/siue_eslc_lrc)



Did you know the Learning Resource Center has story time every Thursday with the Discovery Headstart Center?

Did you know that, after Headstart's story time, the LRC also holds an additional story time open to the public?

Children five and under are welcome. Please bring your toddlers, spread the word to other parents, and get the word out!



All activities are **FREE!** Need to reserve a space?  
 Call: (618) 874-8719 or e-mail: [siue.esl.library@gmail.com](mailto:siue.esl.library@gmail.com)

SOUTHERN ILLINOIS UNIVERSITY  
**EDWARDSVILLE,**  
 EAST ST. LOUIS CENTER

# November 2019



**Hours of Operation**  
 Monday-Friday:  
 8:30 a.m.-4:30 p.m.  
 Saturday-Sunday: Closed

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p>  <p>Support your Learning Resource Center and stay informed about all of our exciting, upcoming events by <b>LIKING US ON FACEBOOK!</b>  <a href="http://siue.esl.lrc.1">siue.esl.lrc.1</a></p> 	<p>5</p>  <p><b>FREE One-on-One Financial Coaching with Tamika Staten</b>  <b>Office Hours:</b>  <b>Every Tuesday 10 a.m.-2 p.m.</b></p>  <p><b>Financial Planning Part 1: Banking and Budgeting</b>          12:15.-1:45 p.m.</p>	<p>6</p> 	<p>7</p>  <p><b>Learning Resource Center's 4 Part "Think Healthy Thoughts" Lunch and Learn Series</b>          Nov. 14 Nov. 21 Dec. 5 Jan. 16</p>  <p>Discovery Center Headstart Storytime Every Thursday 9-11 a.m.</p>	<p>8</p>  <p><b>Crafty Friday:</b>          Thanksgiving Snacks and materials provided!          12:15-1:15 p.m.</p>
<p>11</p> 	<p>12</p>  <p><b>Financial Planning Part 2: Saving For an Emergency</b>          12:15.-1:45 p.m.</p>	<p>13</p>	<p>14</p>  <p><b>World Diabetes Day 14<sup>th</sup> November</b>  <b>Let's Talk About Diabetes</b>          12:15-1:45 p.m.</p>  <p>9-11 a.m.</p>  <p>9-11 a.m.</p>	<p>15</p>
<p>18</p>	<p>19</p>  <p><b>Financial Planning Part 3: Credit and Credit Score</b>          12:15.-1:45 p.m.</p>	<p>20</p>	<p>24</p>  <p><b>You Are What You Eat</b>          12:15-1:45 p.m.</p>  <p>9-11 a.m.</p>  <p>9-11 a.m.</p>	<p>22</p> 
<p>25</p>  <p>Follow the LRC on Instagram  <a href="https://www.instagram.com/siue_esl_lrc">@siue_esl_lrc</a></p>	<p>26</p>  <p><b>TECH TUESDAYS</b>  <b>FREE One-on-One Financial Coaching with Tamika Staten</b>  <b>Office Hours:</b>  <b>Every Tuesday 10 a.m.-2 p.m.</b></p>	<p>27</p> 	<p>28</p> 	<p>29</p>