



# westchester

## LIBRARY SYSTEM

Empowering libraries. Empowering communities.

# Health and Wellness

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WLS DIGITAL RESOURCES

# Overview

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- X-Plain Patient Education Health Tutorials
- Hoopla

OverDrive ebooks and audiobooks

- Kanopy Video

# X-Plain Patient Education Health Tutorials

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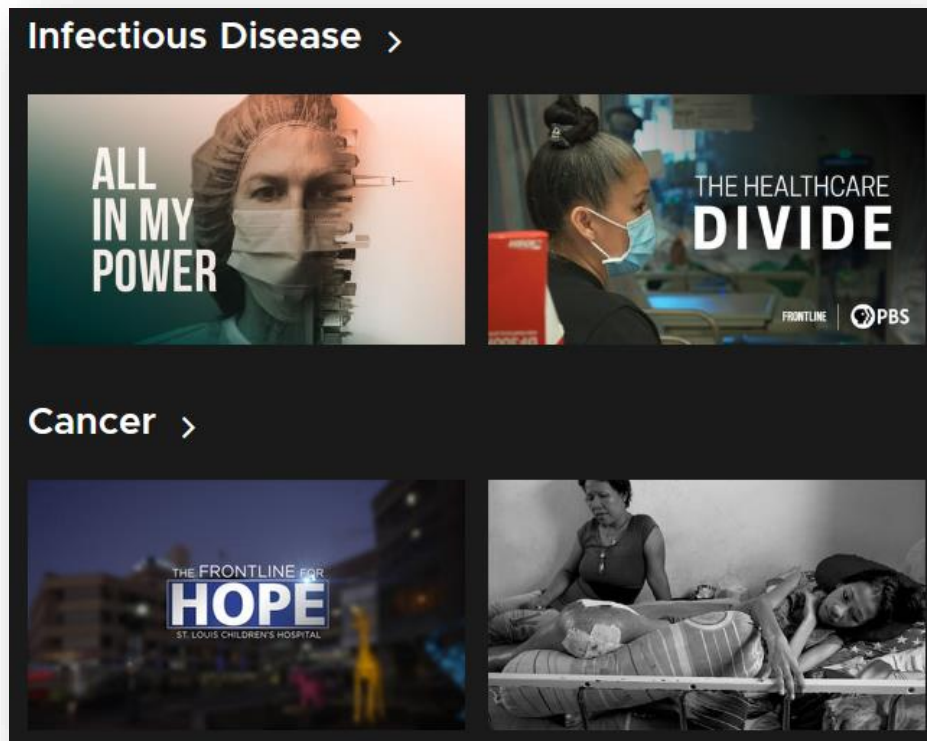
## X-Plain Patient Education Health Tutorials

- More than 1400 educational videos with basic information about illnesses and conditions, medical tests and procedures
- Versiones en español de este contenido también están disponibles [aquí](#).



# Kanopy Video

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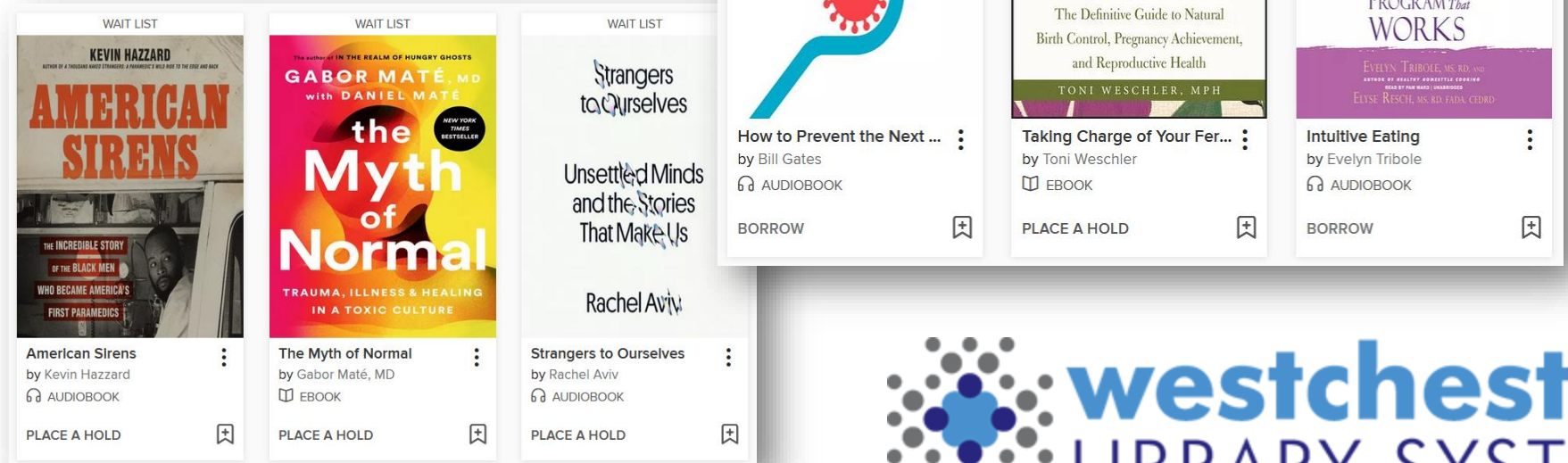
## Kanopy Video

- [Health and Wellness Documentaries](#)
- [Medicine](#)

# OverDrive

## OverDrive ebooks and audiobooks

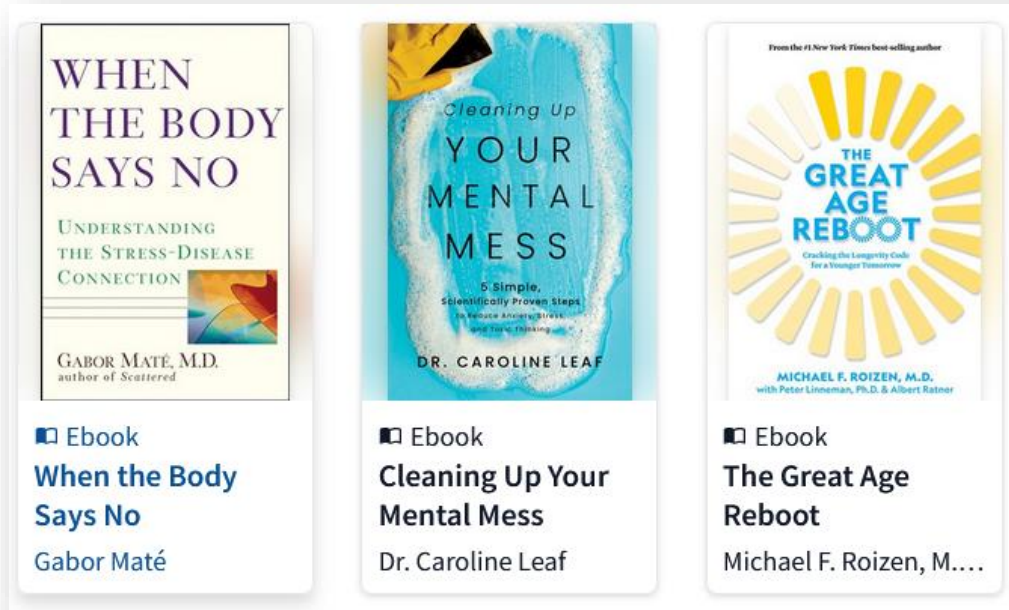
- OverDrive Health & Fitness
- OverDrive Medical Titles



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# Hoopla

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## Hoopla

- Health & Fitness Titles
- nearly half a million always available titles

# LinkedIn Learning

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- [Occupational Health](#)
- [Mental Health](#)



POPULAR


COURSE

### Improving Your Thinking

 LinkedIn • By: Alyssa Lowery and Madecraft • Feb 2022


32,122 learners • Skills: Brain Training, Critical Thinking • Beginner

53m



COURSE

### Better Wrist and Elbow Health

 LinkedIn • By: Desk Yogi • May 2020

11,729 learners • Skill: Wellness • Beginner

34m

- 250 courses
- Almost 3,500 videos
- Timed, hands-on lessons
- Certificates for completion

# WLS Support

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- [The Merck Manuals](#)
  - Professional and Consumer versions
  - One of the world's most widely used medical information resources
- NOVELny

**Thanks for coming!**  
**Have training questions?**

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