In Just Five...Healthy Families

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From taking classes and working, to caring for themselves and family members, individuals often feel there is not enough time to learn about resources supporting healthy families throughout the life cycle.

Getting familiar and connected with the right tools may feel like a daunting job when the days are already so full; luckily, there are sources offering credible and easily accessible information.

An example is Medline Plus, a service of the U.S. National Library of Medicine and National Institutes of Health, providing "trusted health information for you." Here are a few categories to begin your search:

- Medline Plus offers topics relevant to specific populations, such as men, women, children and teenagers, and seniors (or older adults)
- Also of interest may be its Safety and Social/Family Issues categories, ranging from child and first aid safety, to caregiving tips and information.

Look for periodic, healthy family resource discussions in future "In Just Five" articles.

Do you have questions about other family and child care resources? Contact Caryn Jung, MS, Senior Coordinator by email or by calling (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email or by calling (520) 626-4770.

"In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

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