


Cut out these bookmarks for your reading pleasure!

Reading is good for you

Boost your health with a book



"Reading is to the mind what exercise is to the body"
-Sir Richard Steele

Reading helps you:

- 1 Relieve stress
- 2 Improve concentration
- 3 Relax and sleep
- 4 Connect with others
- 5 Understand healthcare instructions


peacehealth.org/healthy-you

Sources: thetelegraph.co.uk, neurology.org, jamanetwork.com, sciencemag.com, psychologytoday.com, scholastic.com

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 PeaceHealth

 PeaceHealth **Healthy You**

Reading list Ask your healthcare provider, family or friends for book titles they recommend.

Sign up for health tips at [Peacehealth.org/email](https://www.peacehealth.org/email).