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For Immediate Release

Carnegie Library of Pittsburgh to Offer Mental Health and Wellness Lecture Series

(PITTSBURGH, PA – February 19, 2007) Area residents can learn about a variety of topics that impact their individual health at Carnegie Library of Pittsburgh. Starting in March, the Library, in collaboration with the University of Pittsburgh Medical Center Depression Prevention Program, will host a free lecture series to promote mental health awareness. Each lecture will be held in the First Floor Quiet Reading Room at Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue in Oakland, from 6:00 pm - 8:00 pm.

Series events include:

Getting Better Sleep: What You Need to Know

Wednesday, March 14

Anne Germain, Ph.D., Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine, will discuss the ins and outs of sleep, sleep loss and how to sleep better at night.

How to Cope with Stress for Better Physical and Mental Health

Wednesday, April 11

Bruce S. Rabin, M.D., Ph.D., Medical Director, UPMC Healthy Lifestyle Program, will present a lecture on how to minimize the effects of stress, improve stress-coping skills and promote an enhanced sense of well-being.

Diabetes & Depression

Wednesday, May 9

Engage in a conversation on the connection between depression and diabetes with Sara Fleet, Ph.D., Research Principal, Neurobiology Psychosis Department, WPIC. She will discuss the facts about diabetes and depression, while also talking about the effects of mental health has on physical health.

All lectures and discussions are free and open to the public. For more information, call 412-622-3151 or visit www.carnegielibrary.org.

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About Carnegie Library of Pittsburgh

“Free to the People” since 1895

Established as a public trust in 1895, Carnegie Library of Pittsburgh serves the citizens of Pittsburgh and Allegheny County with a distinguished history of leadership among the country’s great public libraries. Through its 19 neighborhood locations, including Main Library and the Library for the Blind and Physically Handicapped, Carnegie Library of Pittsburgh is the region’s most visited asset. Each year the Library provides more than 6,000 free programs, classes and other learning and training opportunities that are tailored to meet the dynamic and diverse needs of people living in Western Pennsylvania.