



The St. Charles City-County Library District is pleased to announce the launch of a groundbreaking, new, Library initiative, **AskAlison**.

Ask Alison is an innovative, interactive health and wellness blog intended to expand the Library District's Consumer Health information, services, partnerships and programming efforts to new audiences. The persona of *Ask Alison*, based on the Library District's Consumer Health Librarian Alison Griffith, was created to be relatable and approachable, and to raise awareness that Libraries are in tune with the needs of the community. Discover wellness with your Library at youranswerplace.org/AskAlison.

"The most exciting aspect of the blog is the "Ask" function, which allows users to submit questions and possibly even see their answers featured in a post," said Alison. All types of health and wellness questions are welcome, and all are completely confidential. *Ask Alison* is not the intended expert, but rather the Library researcher who will seek out answers to wellness questions through community experts such as, BJC HealthCare, Dierbergs Markets, St. Charles County YMCA and many others to come.

The *Ask Alison* blog provides a digital space where customers can keep returning to find quick and reliable information on a variety of wellness topics including fitness, healthy eating, mental wellness, physical wellness and more. Each *Ask Alison* post features videos, photos and answers to questions from people in the community, and highlights free Library wellness resources.

Ask Alison falls directly in line with the Library District's strategic goal to participate in external promotion and reach an audience outside of Library walls in an innovative way. "This outlet is a non-traditional way for our District to form a relationship with people who have never been inside our four walls," said St. Charles City-County Library Director Jim Brown. "This initiative is just one example of how we are positioning ourselves as thought leaders in the community, and reaching out to serve our customers where they are."

Ask Alison has only just begun, and will continue to evolve and grow. The blog will be updated regularly, so please check back often at youranswerplace.org/AskAlison.

The St. Charles City-County Library District is "Your Space to Dream, Discover, Connect and Grow." Over 2 million St. Charles County residents visit our [12 branch locations](#) each year. Every day the Library District is changing and evolving, offering new services and exciting programming for all ages, expanding the [eLibrary](#) collection, and enhancing our customers' Library experience. For the latest on what's happening at the Library, visit our website youranswerplace.org.

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Ask Alison blog homepage



BLOG ASK YOUR QUESTION TOPICS RECIPES ABOUT UPCOMING EVENTS



MAMMOGRAMS SAVE LIVES

2/10/2016

*"Dear Ask Alison,
It's time for me to start having annual mammograms. What is the difference between regular and 3D mammography?"*
~ Vivian K. - O'Fallon, MO

ASK ALISON

Alison is the Consumer Health Librarian for the St. Charles City-County Library District. She works with community experts to answer your health and wellness questions.

Blog video - Get fit with Ask Alison and the YMCA St. Charles

5 EXERCISES YOU CAN DO ANYWHERE

2/2/2016

1 Comment

*"Dear Ask Alison,
I travel a lot for work and don't have a lot of time to exercise. What are some basic moves that will keep me in shape without needing extra equipment?"* -
~ John M. - St. Peters, MO

To learn more, I visited the St. Charles YMCA and spoke to their personal trainer, Jim, who showed me some moves that you can do at home, on the road, or even at the office!





Ask
Alison[®]

youranswerplace.org/AskAlison
DISCOVER WELLNESS WITH YOUR LIBRARY



St. Charles City-County
Library District

Your Answer Place

www.youranswerplace.org