

Books On Prescription From Your Local Library

**READING
WELL**

Books and reading have the power to help
you manage your health



Self-help

- Choose a book from the Books On Prescription list
- Browse the health sections and choose your own

Reading with others

Consider joining a library
Reading Group or starting one of
your own

www.oxfordshire.gov.uk/libraries

www.libcat.oxfordshire.gov.uk

- Reading Lists
- Books On Prescription



READING WELL

www.oxfordshire.gov.uk/readingwell

For health activities, events & news in
local libraries

