



CHARLOTTE
CENTER

Health & Wellness Resources

Explore the Digital Library of Health & Wellness Resources below

Sleep & Lighting

Aging, Sleep, and Increased Daylight
Exposure Requirement

Sleep Hygiene – 5 ways to sleep ore soundly

Guide to Healthy Sleep

Mental Health

Healthline – Science-Based Benefits of Meditation

Mental Health and Chronic Disease – from the CDC

CDC – Workplace Health Promotion
Overview - Depression

American Heart Association – Depression and
Cardiac Events

National Alliance on Mental Illness –
Resources, Links, and Videos

Substance Abuse

Facing Addiction in America – Surgeon General’s
Report on Alcohol, Drugs, and Health

Opioids for Acute Pain – Risks and Responsibilities
from the CDC

Signs of Opioid Addiction and Resources for
Treatment from the CDC

Ergonomics

Ergonomics – Guide to a comfortable workspace

OSHA Guidelines for Computer Workstations

Ergonomics Resources Website

Tobacco Prevention & Cessation

National Library of Medicine, CDC - The Health
Consequences of Smoking

Health Effects of Smoking

Smokefree.gov – Resources for Smoking Cessation

Nutrition Education

CDC Guide to Eating Well to Manage Diabetes

Mayo Clinic – How to get the best nutrition
on a vegetarian diet

Mayo Clinic – Low Carb Diet Guidance

MyPlate.Gov – Guide to Healthy Eating

Foods that Fight Inflammation – Harvard Health

Physical Activity

CDC – Health Benefits of Activity for Adults

Johns Hopkins Medicine – 9 Benefits of Yoga

Mayo Clinic – Walking: Trim your waistline,
improve your health

National Institute of Health – Exercise for
Your Bone Health