



# City of Monterey Park News Release

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## Monterey Park Bruggemeyer Library Celebrates Healthy Aging Month with “Get Fit While You Sit” Video Exercise Programs

Monterey Park, Calif. - September 9, 2020 - The [Monterey Park Bruggemeyer Library](http://www.montereypark.ca.gov) recently launched a “Get Fit While You Sit” video series of seated and low impact exercises to increase flexibility, improve posture, and exercise the brain. These workouts are great for senior citizens or anyone who would benefit from gentle, seated exercise and stretching. Workouts will be led in English and Mandarin. To view the “Get Fit While You Sit” videos, please go to <http://www.montereypark.ca.gov/1326/Get-Fit-While-You-Sit>.

Residents can also celebrate Healthy Aging Month by checking out our brand new health and wellness books through Contactless Checkout or Library Home Delivery. To search for and request materials for Contactless Checkout please visit the library’s website at [www.montereypark.ca.gov/library](http://www.montereypark.ca.gov/library) or contact the Reference Desk at 626-307-1368.



Monterey Park residents ages 60 and older and disabled residents who are not able to physically visit the library are eligible to receive monthly delivery of up to five books, CDs or audiobooks to their homes through the library’s Home Delivery program. This service is offered in partnership with the city’s Recreation and Community Services Department and delivery of materials is provided by drivers with the City of Monterey Park’s Dial-a-Ride Service. To learn more about eligibility and to apply for the Home Delivery program, please contact the Reference Desk at 626-307-1368 or visit the library’s website at [www.montereypark.ca.gov/library](http://www.montereypark.ca.gov/library).

Residents can always access vetted health information through the library’s Online Health Resource Center at <https://www.montereypark.ca.gov/1270/Online-Consumer-Health-Resource-Center>.

The “Get Fit While You Sit” program is supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

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