

## **Health and Wellness**

1. If prompted: password=library
2. In the SEARCH box, type the name of the disease > [ENTER] or click the magnifying glass symbol
3. Content Types column on right > Choose a category to see a specific type of article (recommend REFERENCE)
4. Look at the results list > click a title to display the article > Look at a few articles and choose the best one
5. **To print:**
  - a. TOOLS menu on right > Print
  - b. If 10 pages or less > PRINT