

How to Use *Health and Wellness*

1. Library > Databases and eBooks > *Gale Virtual Reference Library (GVRL)*
2. If prompted: **password: library**
3. COLLECTIONS (column on left) > click the appropriate category, e.g., HISTORY
4. SEARCH WITHIN COLLECTION (search box on the right; NOT at the TOP!) > key in search words > [ENTER]
5. In the results list, click the title of the best article
Articles from the *Gale Encyclopedia of Medicine* are highly recommended!
6. **To print:**
 - a. “Sticky” TOOLBAR menu on top of article screen > Print
 - b. Citation is at the end (copy-and-paste to a Google doc.)