

# TRAINING TOOLKIT

## Health and Wellness

The Gale Training Toolkit is a comprehensive resource that delivers expert guidance on effectively utilizing Gale resources, while providing you with the materials to conduct your own trainings. With step-by-step instructions, tutorials, and materials, it empowers users to navigate features and conduct efficient searches. Enhance research, instruction, and information literacy skills with this user-friendly training toolkit!

### THE BASICS Everything you need to know to get started



- First, review our [Get to Know Gale Health and Wellness](#) recorded webinar to get comfortable with the resource and its capabilities.
- More of a reader? Try our [Gale Health and Wellness Resource Guide](#).

### GET CONNECTED Grow your knowledge and focus on subjects



- Learn how to support patrons affected by Alzheimer's Disease and Dementia with Gale Health and Wellness with this [webinar](#).
- Help users focus on getting healthy with this [webinar](#) using Gale Health and Wellness.
- Explore Activities created for Health and Wellness like a [Heart Health Month Five Day Challenge](#) and our [Heart Health Month Personal Inventory](#).

### EXPLORE QUICK TIPS Stay up to date with bite-sized learning



- Discover Gale [accessibility tools](#).
- Direct users to Gale content with Get Link – [tutorial](#) or [tip sheet](#).

### DELIVER YOUR OWN TRAINING Turnkey solutions



- Don't recreate the wheel; we've got [PowerPoint slides](#) on *Gale Health and Wellness* ready for you!
- Review our [webinar](#) for best practices in delivering Gale training.

### FIND HELP



- Review the rest of our tools for *Gale Health and Wellness* on our [product support site](#), including ready-to-go promotional materials.
- Subscribe to the Gale [Blog](#) to stay current with product updates, library news, advancements in research, library insights and more!
- Talk to an expert – contact your [Gale Customer Success Manager!](#)