LIBRARY STORIES

**Post 1:** *Heart Health Story*

1. Download matching image (labeled ***ODL\_LibStories1\_HeartHealth.png***)
2. Add your own library’s logo using the instructions
3. Copy and paste this caption:

❤️‍🩹 One Oklahoman found out he needed to seek urgent medical care after taking a health class at Bartlesville Public Library. In the class, participants learned how to track their blood pressure using an arm cuff. This hands-on experience revealed his dangerously high blood pressure, a condition he didn’t know he had. The customer pursued treatment and, with this help, has brought his numbers down to a healthy level.

Across the state, public libraries continue to offer programs that guide Oklahomans toward healthier lifestyles. This story from Bartlesville shows how libraries can inspire Oklahomans and provide accessible steps to better health. 🩺

View more stories at Oklahoma.gov/libraries/stories

#LibrariesChangeLives #LibrariesTransform #PublicLibraries #HealthLiteracy #IMLS #OklahomaLibraries #OKLibraries

**Post 2:** *Building Job Skills at the Library*

1. Download matching image (labeled ***ODL\_LibStories2\_BuildingJobSkills.png***)
2. Add your own library’s logo using the instructions if desired
3. Copy and paste this caption:

💼📚 Building Job Skills at the Library

Tulsa City-County Library System played a key role in one individual’s career success! As a cashier at a local grocery store, this library customer shared how using the library’s computers equipped him with the skills and resources needed to use technology effectively and pursue new opportunities. The library’s computers even helped him apply for his current job! He is so thankful for the library and actively promotes TCCL’s programs to others, sharing how these resources can improve the lives of Oklahomans.

📢 “The library is why I have a job.” – Tulsa City-County Library System customer

Share your library story at Oklahoma.gov/libraries/story**🗣️**

#WorkforceDevelopment #LibrariesTransform #IMLS #OklahomaLibraries #JobSkills #TCCL #LibrariesChangeLives