

# Eastern Kentucky health stats are gloomy. Why are these 'bright spots' doing better?

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Whitley City

The public library in McCreary County has books, of course, and reading programs for young people and computers for people to access the internet.

But it also provides information on substance abuse, hosts healthy-cooking classes and diabetes workshops, puts on book walks that combine reading and exercise for kids and helps patrons research health issues.

Director Kay Morrow, a social worker by training, said it's important for the [library to be a community resource](#) that's more than a collection of books.

Read more here:

<https://www.kentucky.com/news/state/article215252635.html#storylink=cpy>

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