

NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: December 7, 2020
Contact: Sarah Morrison, Librarian
360.417.8500 or SMorrison@nols.org
Re: *Women, We're Only Old Once!* Meet the Author
Attachments: *Bertha with both books october 2020.jpg*, *Book Cover.jpg*, *LWV logo.JPG*

The North Olympic Library System (NOLS) will host a virtual “Meet the Author” of *Women, We're Only Old Once!* on Tuesday, January 12 at 6pm. Register at nols.org to receive the Zoom information.

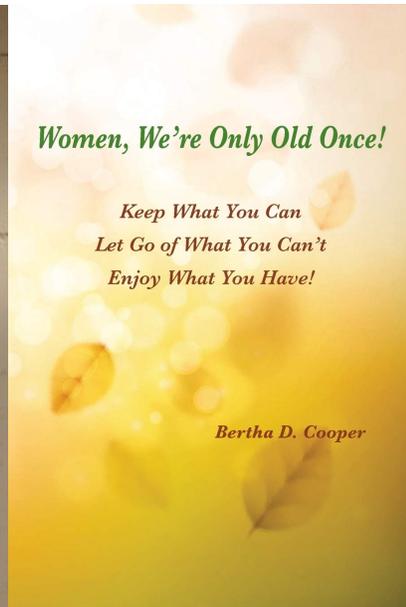
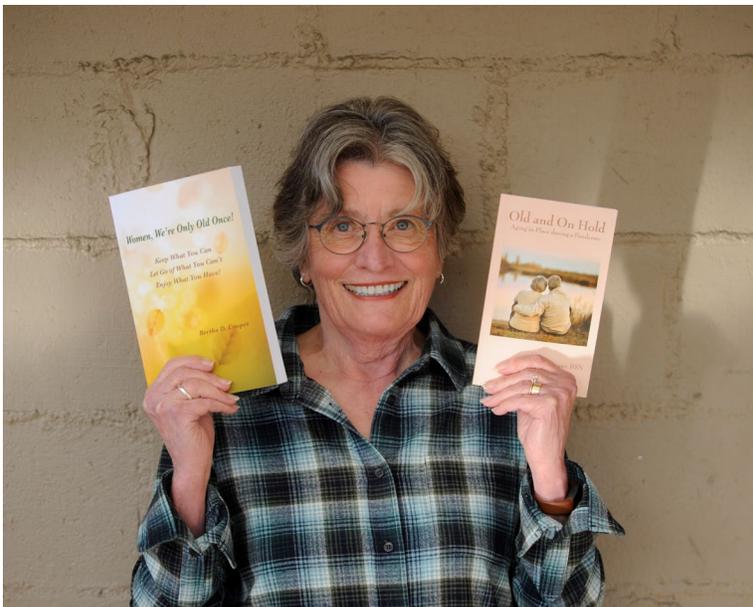
Retired after 50 years as a health professional, local author Bertha D. Cooper will discuss her second book, *Women, We're Only Old Once!*, which empowers readers through life's next transitions. From the physiology of normal aging to aspects that can be influenced by lifestyle choices, adult readers of all ages can find useful take-aways from this title.

Thanks to a generous donation by the League of Women Voters, numerous copies of *Women, We're Only Old Once!* are now available to borrow through NOLS. Visit the catalog at www.nols.org to place a hold on the book and pick it up curbside at your nearest library location.

“Aging doesn't start at 50, 55, 60, or 65. It starts at birth. Aging doesn't get a bad name until accompanied by wrinkles, arthritic bumps, and the certain knowledge that we have fewer years left to live than we have lived. Denial takes over, especially in a culture that markets anti-aging

products. All my experience has shown me that aging into old age, like any other transition, is a natural process. I knew that *Women, We're Only Old Once!* had to inform and empower with understanding, choice, and control" – excerpt from *Women, We're Only Old Once!*

Curbside library service is available 10am-6pm Monday and Wednesday, and 10am-4pm Tuesday, Thursday, Friday, and Saturday, although the Clallam Bay Branch remains closed on Saturdays. For more information on this or other library programs, visit www.nols.org, call 360.417.8500, or email Discover@nols.org.



Local author Bertha D. Cooper to present virtually with NOLS.

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