

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

FOR IMMEDIATE RELEASE

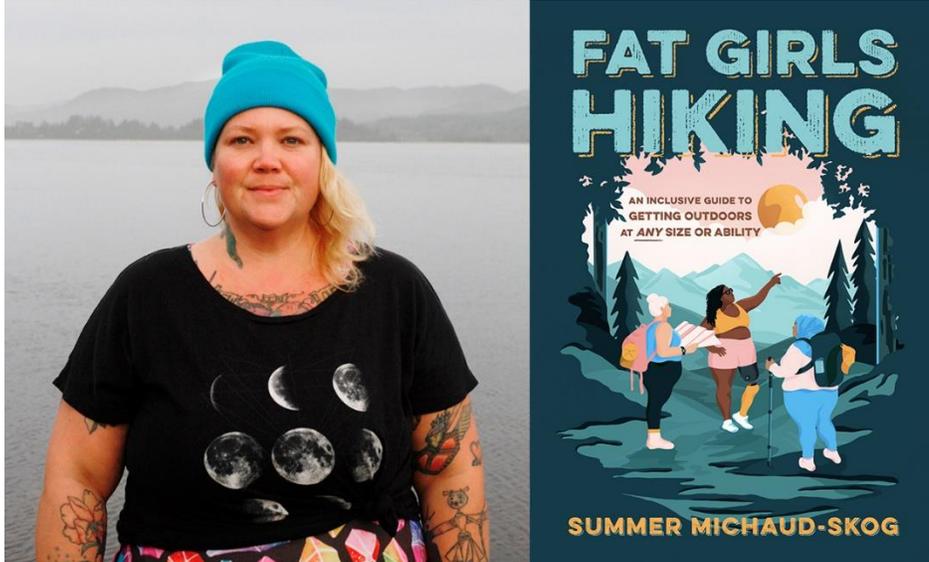
Date: June 21, 2022
Contact: Kayla Apolito, Community Outreach Specialist
360.417.8500 x7611; KApolito@nols.org
Re: *Fat Girls Hiking* author Summer Michaud-Skog to present at NOLS
Attached: *AuthorMichaudSkog_CoverFatGirlsHiking.jpg*

***Fat Girls Hiking* Author Talk with Summer Michaud-Skog July 6**

As part of the Summer Reading Program, author Summer Michaud-Skog will join the North Olympic Library System (NOLS) virtually on Wednesday, July 6 at 6pm to talk about her new book *Fat Girls Hiking: An Inclusive Guide to Getting Outdoors at Any Size or Ability*.

Michaud-Skog is the founder of Fat Girls Hiking, a hiking community with more than 29 chapters across the country that are centered on a body positive mission to get people of diverse backgrounds out on trails no matter their size, ability, or experience level. "Trails Not Scales" is the community's motto, and it's powered by grassroots efforts to make everyone feel welcome to participate in outdoor recreation. The book features heartfelt stories, practical advice, personal profiles of Fat Girls Hiking community members, and helpful trail reviews.

Registration is required at nols.org/fat-girls-hiking to join the event live via Zoom. A recording will be available for several weeks after the event.



On Wednesday, July 6, author Summer Michaud-Skog talks about her book Fat Girls Hiking.

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