

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

FOR IMMEDIATE RELEASE

Date: September 26, 2022
Contact: Corrina Desmarais, Older Adult Services Librarian
360.417.8500 x7752 or CDesmarais@nols.org
Re: Intentional Aging: Monthly Discussion Group
Attached: *OurLastBestAct.jpg*

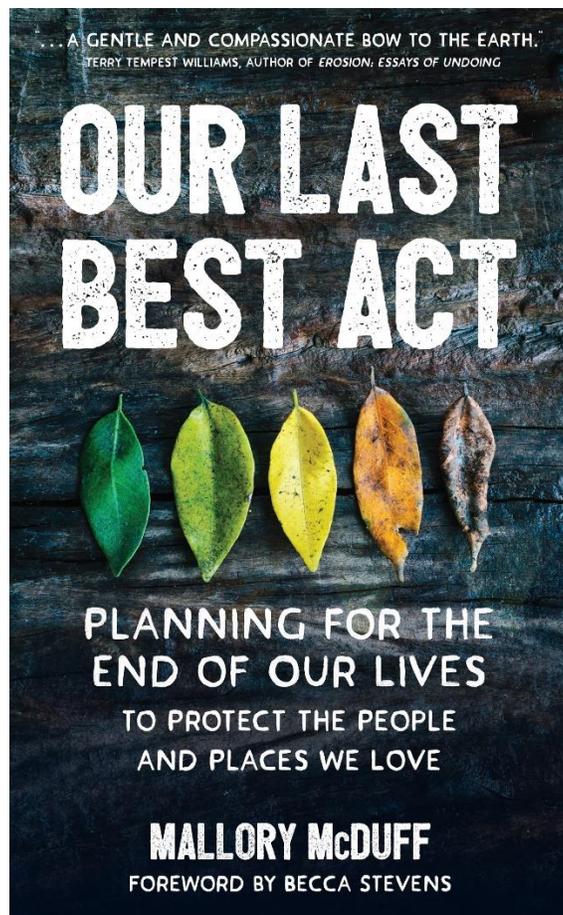
The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for adults. This program explores Intentional Aging topics and practices through book discussions, activities, presenters, and more. Meetings are held on Zoom at 11am on the third Tuesday of every month. Attending monthly is encouraged, but all are welcome to join any meeting. Register at nols.org/intentional-aging or by contacting your NOLS branch, to receive Zoom login information and free resources.

October 18: Advance Care Planning & End-of-Life Choices

Explore ideas presented in *Our Last Best Act: Planning for the End of Our Lives*, written by Mallory McDuff, which discusses ways to align end-of-life choices with personal values. Following the book discussion, information will be presented about advance care planning as a tool for making choices about future health care.

Limited copies of the book may be borrowed by request; call your Library and ask for the “Intentional Aging book kit” to confirm availability. To borrow an eBook, search *Our Last Best Act* in the catalog at www.nols.org or use the Libby app. **All are welcome to join the discussion!** It is not required to read the book in advance.

This program is generously supported by local Friends of the Library groups. For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.



The Intentional Aging program on October 18 includes a book discussion about “Our Last Best Act,” written by Mallory McDuff.

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