

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

FOR IMMEDIATE RELEASE

Date: November 22, 2022
Contact: Corrina Desmarais, Older Adult Services Librarian
360.683.1161 x2 or CDesmarais@nols.org
Re: Intentional Aging: Monthly Discussion Group
Attached: *Remember_byLisaGenova.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.

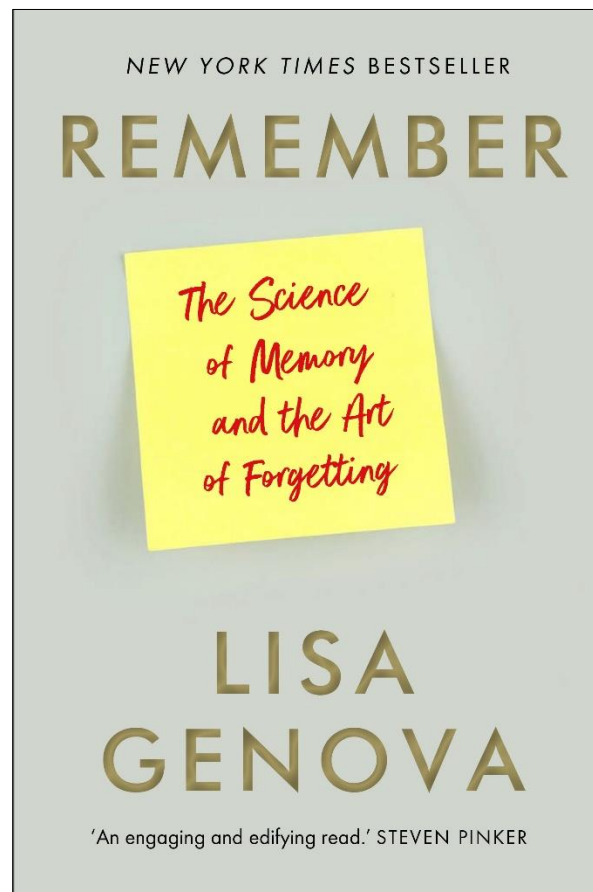
December 20: Memory and Neuroscience

Explore concepts presented in the book *Remember: The Science of Memory and the Art of Forgetting*, written by neuroscientist and acclaimed novelist Lisa Genova. The group will discuss how memory may be impacted by meaning, emotion, sleep, stress, and context. Understanding the language of memory and how it functions may improve our ability to remember and help us feel less rattled when we forget.

Limited print copies of the book may be borrowed by request; contact your NOLS branch and ask for the "Intentional Aging book kit" to confirm availability. You can also search for the title

in the catalog at nols.org or on 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.



Join the Intentional Aging program Dec. 20 on Zoom to discuss concepts in the book "Remember: The Science of Memory and the Art of Forgetting," by Lisa Genova.

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