

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

FOR IMMEDIATE RELEASE

Date: January 23, 2023
Contact: Corrina Desmarais, Older Adult Services Librarian
360.683.1161 x2 or CDesmarais@nols.org
Re: Intentional Aging group to discuss organization and memory
Attached: *Remember_byLisaGenova.jpg*

The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for adults who want to live well while aging. **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.

February 21: Simplify and Organize

Learn how to simplify, get organized, and create space for what matters most. Professional organizer and certified KonMari Consultant Kristin DeCou will share strategies and tips to help you get started, stay motivated, enlist support, and let go of the stuff that's holding you back. If you're feeling stuck, experiencing a transition, or just need the tools to keep moving forward, this session is for you.

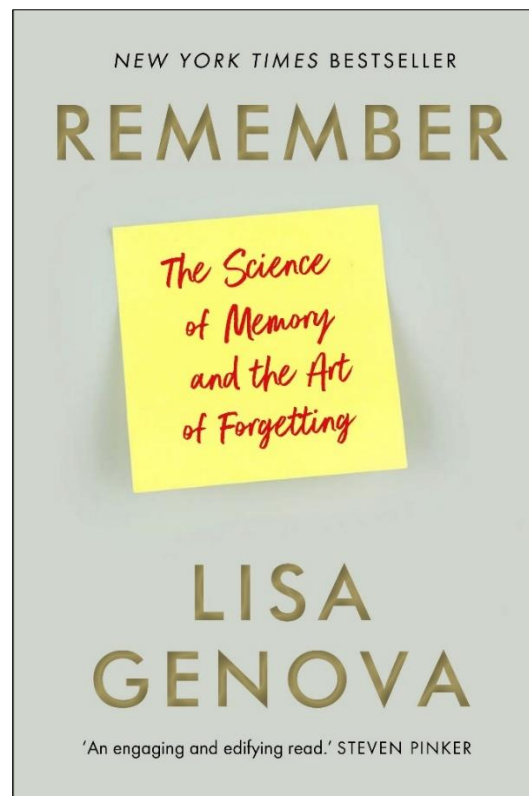
March 21: Memory and Neuroscience

(Rescheduled from December, when the library closed due to inclement weather.) 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 copies of the book may be borrowed through the library catalog or by contacting your NOLS branch and asking for the “Intentional Aging book kit” to confirm availability. It is not required to read the book to attend the meeting.

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 on March 21 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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