



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

## **FOR IMMEDIATE RELEASE**

Date: June 13, 2023  
Contact: Corrina Desmarais, Older Adult Services Librarian  
360.683.1161 x2 or CDesmarais@nols.org  
Re: Intentional Aging: Mastering the Art of Sleep on June 20

The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for anyone who wants to live and age well. **Meetings are held on Zoom at 11am on the third Tuesday of every month.** Monthly attendance is encouraged, and all are welcome to join any meeting. Register at [nols.org/intentional-aging](https://nols.org/intentional-aging) or by contacting your NOLS branch.

### **June 20: Mastering the Art of Sleep**

Claire Edwins, ARNP at Olympic Medical Center, will share tips for getting a good night's sleep. Claire, who specializes in sleep medicine, will speak to the importance of sleep for overall health, aging-related challenges to getting quality sleep, and tips for overcoming those challenges.

For additional information on programs and services happening at your library, visit [www.nols.org](https://www.nols.org), email [Discover@nols.org](mailto:Discover@nols.org), or follow North Olympic Library System on Facebook and Instagram.

###