



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

FOR IMMEDIATE RELEASE

Date: July 5, 2023
Contact: Corrina Desmarais, Older Adult Services Librarian
360.683.1161 x2 or CDesmarais@nols.org
Re: Intentional Aging group discusses Coping with Loss through Creative Writing on July 18.
Attached: *Anne Marie Wells.jpg*

The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for anyone who wants to live well while aging. **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 or by contacting your NOLS branch.

July 18

Synonyms for Grief: Coping with Loss through Creative Writing

Anne Marie Wells, a poet, author, and teacher, will share techniques that can transform grief and past hurts into creative writing. This program will provide a supportive space that can serve as a cathartic outlet, a means of processing experiences, and a place to find community with others who have experienced grief.

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.



Anne Marie Wells presents her Synonyms for Grief workshop at Intentional Aging on July 18.

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