



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

FOR IMMEDIATE RELEASE

Date: July 19, 2024
Contact: Sarah Morrison, Librarian
360-417-8500 x7750; SMorrison@nols.org
Re: NOLS to host free introduction to meditation

The North Olympic Library System (NOLS) invites adults to attend an introduction to meditation event with Melanie Barclay in Clallam Bay, Port Angeles, Forks, and Sequim starting July 31.

Melanie Barclay, Ayurveda Health Practitioner and owner of Life Force Ayurveda, will teach participants about meditation's relevance, history and benefits. Attendees will have the opportunity to try several major types of meditation and learn how to begin an individualized practice.

[Intro to Meditation](#) schedule

- Wednesday, July 31, from 5:30 p.m. to 7 p.m., Clallam Bay Branch Library, 16990 Highway 112
- Thursday, August 1, from 5:30 p.m. to 7 p.m., Port Angeles Main Library, 2210 S. Peabody St.
- Thursday, August 8, from 5:30 p.m. to 7 p.m., Forks Branch Library, 171 S. Forks Ave.
- Saturday, August 10, from 10 a.m. to 11:30 a.m., Dungeness River Nature Center, 1943 W. Hendrickson Rd., Sequim

About the Summer Reading Program

This event is part of the “Read, Renew, Repeat” Summer Reading Program, happening now through August 24. Sign up for a Reading Challenge, earn a T-shirt, win prizes and participate in fun events.

For more information about the Summer Reading Program, visit nols.org/srp, call 360-417-8500 or email discover@nols.org. The Summer Reading Program is generously supported by Friends of the Library groups at all four NOLS branches.

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