



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

FOR IMMEDIATE RELEASE

Date: August 13, 2024
Contact: Corrina Desmarais, Older Adult Services Librarian
360-683-1161 x2 or CDesmarais@nols.org
Re: Aging Well Speaker Series: Small-Batch Cooking & Meal Preparation

The North Olympic Library System (NOLS) offers the Aging Well Speaker Series, a quarterly program featuring topics for those who want to live well while aging. Join the Zoom meeting at 11 a.m. to 12:30 p.m. on Tuesday, August 20, to learn how cooking for one or two people can be delicious, fresh and affordable.

Bridgette Light, Nutrition Educator with the WSU Clallam County Extension Office, will share tips about cooking techniques, recipes, budgeting, meal planning, shopping, food labels and more.

Register for the free program at nols.org/aging-well or by contacting your NOLS branch.

This program is supported in part by local Friends of the Library groups. For additional information on programs and services happening at your library, visit nols.org, email discover@nols.org, or call 360-417-8500.

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