



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

FOR IMMEDIATE RELEASE

Date: November 19, 2024
Contact: Leslie Briggance, Public Services Lead
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Re: Introduction to T'ai Chi on Nov. 23 at Port Angeles Main Library

The North Olympic Library System (NOLS) presents Introduction to T'ai Chi, a free program from 2 to 3 p.m. on Saturday, Nov. 23, at the Port Angeles Main Library, 2210 S. Peabody St. Local instructor Patty Hannah will lead attendees in a brief introduction to this Chinese exercise method and martial art, which uses slow, controlled movements to improve balance and awareness of one's surroundings. People of all experience levels are welcome to participate in this gentle exercise. Comfortable clothing is recommended.

This program is supported in part by Port Angeles Friends of the Library. For more information about this and other programs at the Library, visit [NOLS.org/events](https://nols.org/events), call 360-417-8500, or email Discover@nols.org.

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