



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

## **FOR IMMEDIATE RELEASE**

Date: December 27, 2024  
Contact: Corrina Desmarais, Older Adult Services Librarian  
360-683-1161 x2 or [CDesmarais@nols.org](mailto:CDesmarais@nols.org)  
Re: New Year, Renewed You virtual workshop on Jan. 8  
Attached: *Sabrina-Caverly.jpg*

If you have made a New Year's resolution and would like help getting started or staying motivated, attend "[New Year, Renewed You](#)," a free online event hosted by the North Olympic Library System (NOLS). Life Coach Sabrina Caverly leads the virtual workshop on Wednesday, Jan. 8, from 6 p.m. to 7:30 p.m. Visit [NOLS.org/events](https://nols.org/events) for the Zoom link. No registration is needed.

The workshop will help you identify and implement new habits and show you how to better care for yourself along the way. Caverly will be your guide as you create a personalized and achievable plan for becoming your best self in 2025.

For more information, visit [NOLS.org](https://NOLS.org), call 360-683-1161, or email [discover@nols.org](mailto:discover@nols.org). NOLS programs are funded in part by Friends of the Library groups.



*Life Coach Sabrina Caverly.*

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