



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

FOR IMMEDIATE RELEASE

Date: March 11, 2025
Contact: Corrina Desmarais, Older Adult Services Librarian
360-683-1161 x2 or CDesmarais@nols.org
Re: Aging Well Speaker Series: Support for the Aging Immune System

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 virtual meeting at 11 a.m. to 12:30 p.m. on Tuesday, March 18, to learn how to support your immune system through aging-related challenges. Jessica Panza, a naturopathic doctor based in Port Angeles, will provide an overview of the aging immune system and discuss ways to boost the body's defenses.

Join the meeting using the Zoom link provided at [NOLS.org/aging-well](https://nols.org/aging-well). A recording will be available after the program.

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](https://nols.org), email discover@nols.org, or call 360-417-8500.

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