



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

## **FOR IMMEDIATE RELEASE**

Date: July 30, 2025  
Contact: Jennifer Smathers, West End Adult Services Library Service Specialist  
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Re: Free intro to meditation at Clallam Bay Library

The Clallam Bay Branch Library of the North Olympic Library System (NOLS) is offering a free introduction to meditation with Melanie Barclay on Wednesday, Aug. 6, at 6 p.m.

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.

For more information, visit [NOLS.org/events](https://NOLS.org/events), call 360-963-2414 or email [discover@nols.org](mailto:discover@nols.org).  
This program is supported in part by the Clallam Bay Friends of the Library.

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