

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

FOR IMMEDIATE RELEASE

Date: March 24, 2026
Contact: Jennifer Smathers, West End Adult Services Library Services Specialist
360-374-6402 x7792; JSmathers@nols.org
Re: Free “Balance for Seniors” classes at Forks and Clallam Bay libraries
Attached: *BFS_BookCover.jpg; BFS_SharonAnnHamilton.jpg*

West End branches of the North Olympic Library System (NOLS) invite community members to free, interactive “[Balance for Seniors: How to Avoid Falls](#)” classes in early April. Instructor SharonAnn Hamilton, author of “Balance for Seniors: How to Avoid Falls that Can Kill You or Worse,” will share valuable insights and practical advice to help attendees stay safe and confident while navigating their homes and communities.

Schedule

Forks Branch Library, 171 S. Forks Ave.

Wednesday, April 1, 2 to 3:30 p.m.

Clallam Bay Branch Library, 16990 Hwy. 112

Friday, April 3, 1:30 to 3 p.m.

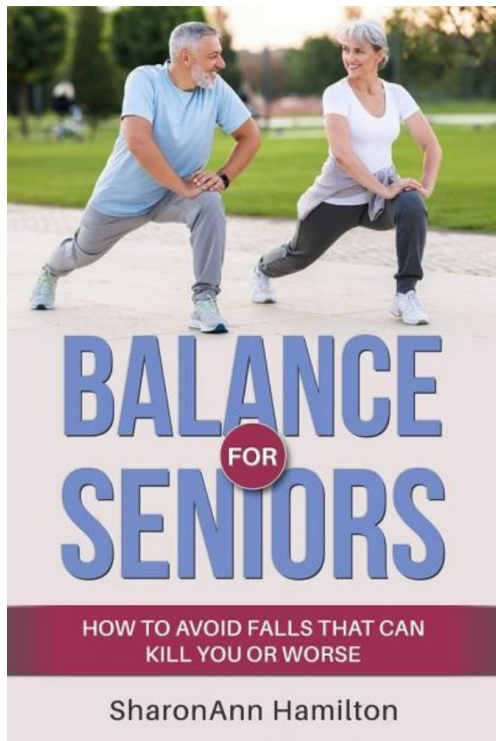
Copies of “Balance for Seniors: How to Avoid Falls that Can Kill You or Worse” will be available for purchase after the classes.

About the Presenter

[SharonAnn Hamilton](#), author and lifestyle coach, writes practical and entertaining how-to guides for seniors and baby boomers. She holds an MBA in Organizational Behavior and Psychology, a

MSFS (Masters of Science in Financial Services), CFP® retired, Certified Money Coach, and is a Certified Business Advisor with the Washington Small Business Development Center.

For more information, visit NOLS.org/events, call 360-374-6402, or email Discover@NOLS.org.



Join instructor SharonAnn Hamilton for “Balance for Seniors: How to Avoid Falls” classes at the Forks Library on April 1 and the Clallam Bay Library on April 3.

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