



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

FOR IMMEDIATE RELEASE

Date: July 21, 2026
Contact: Amber Kleefeld, Public Services Librarian
360-417-8500 x7749; AKleefeld@NOLS.org
Re: Learn how to use seaweeds for wellness at NOLS branches, July 30–Aug. 1

Join a free “[Seaweeds for Wellness](#)” class at all branches of the North Olympic Library System (NOLS). Taught by marine herbalist Kristy Bredin, participants will learn how seaweeds can be used as everyday foods and to support wellness. In this one-hour course, Bredin will cover information about local seaweed varieties, simple preparation ideas and alternative uses.

Schedule

- **Thursday, July 30**, 6 p.m., at the Port Angeles Main Library, 2210 S. Peabody St.
- **Friday, July 31**, 1:30 p.m., at the Clallam Bay Branch Library, 16990 Hwy. 112
- **Friday, July 31**, 6 p.m., at the Forks Branch Library, 171 S. Forks Ave.
- **Saturday, Aug. 1**, 11 a.m., at the Sequim Branch Library, 630 N. Sequim Ave.

Event information is available at NOLS.org/events.

About the Presenter

Kristy Bredin is an herbalist who began her training in 2009 with a two-year apprenticeship followed by studies in clinical herbalism. For over a decade she worked with Ryan Drum, wildcrafting medicinal herbs and developing an in-depth knowledge of traditional Western herbalism and local plants and seaweeds. Since 2013 she has shared Pacific Northwest plant

remedies through Mermaid Botanicals. Learn more at mermaid-botanicals.com.

About the Summer Reading Program

These events are part of the “Plant a Seed, Read” Summer Reading Program, running through Aug. 22. Sign up for the reading challenge, win prizes and participate in free events for all ages.

For more information about the Summer Reading Program, visit NOLS.org/srp, call 360-417-8500, or email discover@nols.org. The Summer Reading Program is generously supported by local Friends of the Library groups.

#