



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

FOR IMMEDIATE RELEASE

Date: October 31, 2011
Contact: Lauren Dahlgren, Manager, Sequim Branch Library
360.683.1161 or Sequim@nols.org
Re: Local foot expert Katy Bowman to speak at the Sequim Branch Library

Local author and world-renowned biomechanist Katy Bowman will appear at the Sequim Branch Library on Thursday, November 17th at 6:30 pm to speak about her new book, *Every Woman's Guide to Foot Pain Relief*. Ms. Bowman will be available to sign books, which can be purchased at the event.

As a biomechanist, or physicist of human tissue, Ms. Bowman teaches how everyday habits of movement contribute to the most common diseases of modern culture. Far from having to live in the big city to run her international health facility, Katy Bowman meets with her students and serves the community while being a stay-at-home farm mom. She operates the Restorative Exercise Institute from her living room on the edge of Sequim, and will open a second branch in Carlsborg come January. Katy is the star of two exercise DVD lines (*Restorative Exercise*, and the *Aligned and Well* program).

In *Every Woman's Guide to Foot Pain Relief*, Katy compares the high-heel wearing OB doctor to a family physician of the 1950's, who might have been smoking cigarettes during a check-up. In the name of fashion, women in our culture continue to promote habits that can lead to degeneration of the feet, knees, hips, and spine. Katy offers simple exercises and shoe alternatives to help correct the harms that have gone on for years unchecked, to avoid costly treatments and surgeries, and to prevent these common ailments in the first place.

Offering insights on the latest trends in so-called "fit shoes," Katy does admit to keeping a pair of "strappy Greek goddess heels" in the back of her closet. She compares wearing high heels to eating a crème brûlée dessert – great to enjoy on special occasions.

Every Woman's Guide to Foot Pain Relief is a useful, easy-to-read manual, rooted in the author's scientific expertise and years of clinical experience. It offers cost-efficient, practical advice for women seeking healthier feet.

The Sequim Branch Library is located at 630 North Sequim Avenue. For more information on this and other programs for readers and book lovers go to www.nols.org and click on "Events." You may also contact Sequim Branch Manager Lauren Dahlgren at 360.683.1161 or Sequim@nols.org.

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