



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

FOR IMMEDIATE RELEASE

Date: June 1, 2011
Contact: Beth Witters, Librarian
360.417-8500 or PAprograms@nols.org
Re: *Whole Person Drumming* Workshop at the Port Angeles Library

Discover the power of *Whole Person Drumming* with nationally-known instructor Zorina Wolf on Tuesday, June 21 at 7pm at the Port Angeles Main Library. Ms. Wolf is an established pan-African drumming teacher, percussionist, and founder of Village Heartbeat in Sequim.

Wolf's classes are designed to allow anyone to learn the basics of drumming in only ninety minutes, regardless of previous musical or drumming experience. At this workshop, participants will learn techniques that nurture creativity while experiencing the magic of listening and playing together as a community. "*Whole Person Drumming* can be one of the best ways to promote health and vitality, strengthen your upper body while combining rhythm and breathing for deep relaxation," says Ms. Wolf.

Adults and children are welcome. Drums will be provided or participants may bring their own. Space is limited for this free workshop, and pre-registration is required. For more information go to www.nols.org and click on "Events". To register call the Port Angeles Main Library at 360.417.8500 or email PAprograms@nols.org. The Port Angeles Library is located at 2210 S. Peabody in Port Angeles.

This program is generously supported by the Port Angeles Friends of the Library.

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