



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

FOR IMMEDIATE RELEASE

Date: May 8, 2014
Contact: Sheri Kruckeberg, Youth Services, Port Angeles Main Library
360.417.8500 x 7705 or skruckeberg@nols.org
Re: Creative dance workshop for preschoolers at the Port Angeles Main Library
Attachments: Photo of class

Creative dance workshops for preschool children and their caregivers will be offered at the Port Angeles Main Library at 10:15am on Tuesdays, May 27, June 3 and June 10. Children and the adults who love them are encouraged to explore creative expression through movement with instructor Kayla Oakes. These workshops for children ages 3-5 are presented as part of the Library's 2014 *Get Moving!* series.

Dance instructor Kayla Oakes will lead children in exploring movement concepts and developing dance skills while practicing positive social interactions with peers. Kids and grownups will discover how body awareness, balance, coordination and movement support healthy development and encourage creativity. Participants should dress comfortably and be prepared to dance in socks or bare feet.

Throughout 2014, the Port Angeles Library offers monthly events as part of the *Get Moving!* series. These fun, no-stress, cost free, sampler classes will provide opportunities for healthy living novices and initiates to explore new fitness activities. Yoga, non-impact aerobics, biking, hiking, and contra dancing are on the menu. Self-guided "poetry walks" are currently being offered, blending exercise and nature in a lyrical way.

Whatever your healthy living interests, the North Olympic Library System collection has something for you. Plan a hike, prepare for a wilderness excursion, design a fitness routine that meets your individual needs, learn new techniques, change your diet, or just 'stretch' your mind

by reading! To find these and other materials on healthy living, visit www.nols.org or ask library staff for assistance.

All *Get Moving!* events are presented at no charge with the generous support of the Port Angeles Friends of the Library. The Library is located at 2210 South Peabody Street. For more information on this and other up-coming events, go to www.nols.org and click on “Events” and “Port Angeles”, call 360.417.8500 or email youth@nols.org.



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