



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

FOR IMMEDIATE RELEASE

Date: July 5, 2016
Contact: Sarah Morrison, Librarian, Port Angeles Main Library
360.417.8500; smorrison@nols.org
Re: [X]-ercise on the Lawn at the Port Angeles Main Library

Get out and get moving: get to the Port Angeles Main Library! Introductory sessions to three types of exercise—yoga, meditation, and mindful stretching—will take place at the Port Angeles Main Library this July and August. Exercise your mind—and more—during these free events, part of the 2016 Adult Summer Reading Program at the North Olympic Library System (NOLS).

All sessions begin at 11am and are appropriate for beginner and intermediate levels. In the event of inclement weather, activities will take place inside the Raymond Carver Room at the Port Angeles Main Library. Bring a yoga mat or beach towel if desired.

[X]-ERCISE ON THE LAWN Schedule:

Yoga on the Lawn: Tuesday, July 19, 11am. Led by Jenny Houston of Poser Yoga.

Meditation on the Lawn: Tuesday, August 2, 11am. Led by Jikyo Wolfer of Joyous Refuge.

Injury Prevention and Stretching on the Lawn: Friday, August 19, 11am. Led by Brenda Boddy of Anytime Fitness.

The 2016 Adult Summer Reading Program

Designed for adults ages 18 and older, the 2016 Adult Summer Reading Program will take place between June 20 and August 20. Participating is easy: simply visit any NOLS library to pick up your Reading Log (and some books!). For every complete book you read, you will receive one

entry in a marvelous Grand Prize drawing; the more you read, the better your chances of winning! To keep readers motivated, NOLS will be hosting events and activities throughout the summer. Two grand prize winners will have a choice among wonderful prizes, valued at \$150 each, chosen to support you as you “Exercise Your Mind” this year.

Additional Information

The Port Angeles Main Library is located at 2210 South Peabody Street in Port Angeles. For more information, send an email to Librarian Sarah Morrison at Discover@nols.org, call 360.417.8500, or visit www.nols.org. Summer reading program events are generously supported by Friends of the Library groups in Port Angeles, Sequim, Forks, and Clallam Bay.

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