



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

## **FOR IMMEDIATE RELEASE**

**Date:** August 10, 2016  
**Contact:** Sarah Morrison, Librarian, Port Angeles Main Library  
360.417.8500; Discover@nols.org  
**Re:** Mindful Stretching on the Lawn at the Port Angeles Main Library

Join Brenda Boddy of Anytime Fitness for an introductory session to mindful stretching and injury prevention at I I am on Friday, August 19 at the Port Angeles Main Library. This free program will take place on the lawn outside the main entrance to the library, and is part of the ongoing Adult Summer Reading Program at the North Olympic Library System (NOLS). In the event of inclement weather, the session will take place inside the Raymond Carver Room at the Port Angeles Main Library. Bring a yoga mat or beach towel if desired.

### **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](http://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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