

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

FOR IMMEDIATE RELEASE

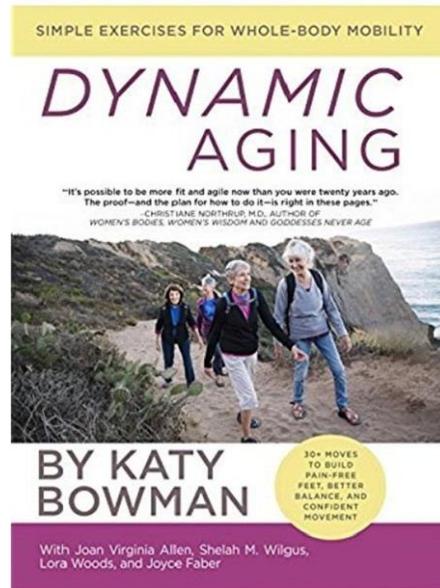
Date: September 5, 2017
Contact: Mary Coté, Sequim Branch Library
360.683.1161 or mcote@nols.org
Re: Evening with an Author: Katy Bowman on Dynamic Aging
Attached: *dynamic aging cover.jpg*
Katy Bowman.jpg

Author Katy Bowman will discuss her book *Dynamic Aging: Simple Exercises for Whole Body Mobility* and lead participants in introductory exercises at 6pm on Monday, September 18 at the Sequim Branch Library.

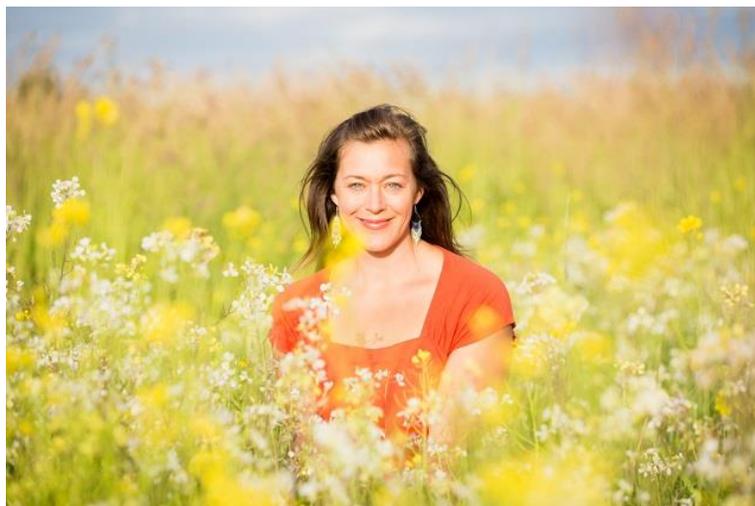
“A biomechanist by training and a problem-solver at heart, Katy’s ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor have earned her legions of followers. Her blog, KatySays.com, reaches hundreds of thousands of people every month, and thousands have taken her live classes. She regularly writes for and is featured as a health expert in publications such as *Prevention*, *IDEA*, and *Self*, and is a funny and entertaining guest on radio and television talk shows and news segments.” (goodreads.com)

“Katy wrote this book with co-authors Joan Virginia Allen, Joyce Faber, Shelah M. Wilgus, and Lora Woods, all of whom are in their 70’s. These amazing septuagenarians have all transformed their bodies and their lives using the exercises and lifestyle modifications in their book. *Dynamic Aging* is a book for people of any age who want to maximize their mobility and increase balance and strength as they get older.” (from author website)

For more information about this and other upcoming programs, visit www.nols.org and select “Events” and “Sequim,” call the Sequim Branch Library at 360.683.1161, or email discover@nols.org. The Sequim Branch Library is located at 630 North Sequim Avenue.



Author Katy Bowman will discuss her book “Dynamic Aging: Simple Exercises for Whole Body Mobility” and lead participants in some exercises at 6pm on Monday, September 18.



Author Katy Bowman

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