



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

## **FOR IMMEDIATE RELEASE**

Date: December 21, 2017  
Contact: Jennifer Lu'Becke, Youth Services Specialist  
360.374.6402 x7797; JLuBecke@nols.org  
Re: Yoga Storytime at the Forks Branch Library  
Attached: *yoga storytime 1.jpg*

*Yoga Storytime* will take place at the Forks Branch Library on the first Saturday of every month at 10:30am, beginning Saturday, January 6. *Yoga Storytime* is a full body experience building early literacy skills and healthy bodies at the same time! This interactive storytime will feature stories, songs, yoga poses, and breathing exercises for children and their caregivers. No yoga experience necessary.

*Yoga Storytime* at the Forks Branch Library. First Saturdays at 10:30am.

January 6  
February 3  
March 3  
April 7  
May 5

Storytimes at the North Olympic Library System (NOLS) feature picture books, fingerplays, music, and plenty of movement and wiggles. Studies show that children who are read to before the age of five develop essential pre-reading skills, supporting later success in school. Activities such as talking, reading, playing, and singing all play an important role in early childhood development, which is why they are included in storytimes at NOLS. These activities support skill development and encourage children to interact with their caregivers and peers in a fun, literacy-rich environment.

### **Additional Information**

The Forks Branch Library is located at 171 Forks Avenue South. For more information about storytimes and other programs for youth, visit [www.nols.org](http://www.nols.org), call 360.374.6402, or email [Youth@nols.org](mailto:Youth@nols.org).



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