

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

FOR IMMEDIATE RELEASE

Date: January 25, 2021
Contact: Cheryl Martin, Library Services Specialist
360.417.8500 x7764 or CMartin@nols.org
Re: Aging Mastery at Your Library
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The North Olympic Library System (NOLS) invites older adults to take part in Aging Mastery®. Pick up a free Starter Kit at your local branch library during curbside hours and join weekly virtual discussions.

The Aging Mastery® Starter Kit is a fun and hands-on experience that encourages people to spend more time each day doing things that are good for themselves and for others. The Starter Kit was developed and provided by the National Council on Aging (NCOA) and has been successful at helping older adults embrace their gift of longevity. The Starter Kit includes practical tips for aging well across six dimensions: Gratitude and Mindfulness, Health and Well-Being, Finance and Future Planning, Connections and Community, Learning and Creativity, and Legacy and Purpose.

This self-paced kit helps older adults take small steps to improve their health and quality of life. It includes a book, exercise DVDs, activity cards, and a weekly check-in notepad. Participants do not need a computer to use the materials.

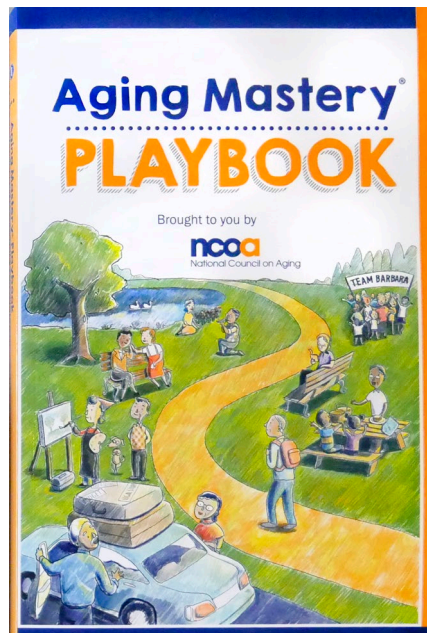
Book Discussions:

Thursdays, February 18 - March 25, 11am-12:30pm on Zoom

Join weekly discussions of the *Aging Mastery Playbook*'s six dimensions of aging well. Connect with others to discuss the topics and learn from each other. There will be reading and activities provided before each session. Attendance at all sessions is encouraged, but not required, to participate. Register at nols.org, or call contact your local branch, to receive a Zoom meeting link.

Curbside Service Hours at the Forks, Port Angeles, and Sequim Branches are: 10am-6pm Monday through Friday and 10am-4pm Saturday; and at the Clallam Bay Branch Library: 10am-6pm Monday through Wednesday and 10am-5pm Thursday-Friday.

For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.



Aging Mastery Program®

National Council on Aging

Aging Mastery Program® available through NOLS

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