



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

FOR IMMEDIATE RELEASE

Date: June 9, 2021
Contact: Danielle Lepping, Librarian
360.417.8500 x7752; DLepping@nols.org
Re: Move More with author Nicole Tsong
Attached: *running-photo cred Erika Schultz.jpg, bio picture.jpg*

As part of the Summer Reading Program, the North Olympic Library System (NOLS) presents *Move More with Nicole Tsong*. Join author and mover Nicole Tsong to learn how moving more, and in more ways, helps you feel more energized and centered every day. This program will be held on Thursday, June 17 at 6:30pm on Zoom. Register at nols.org or your local NOLS branch to receive Zoom link.

Nicole Tsong is a fitness expert and author of the bestselling book [24 Ways to Move More](#), as well as [Yoga for Hikers](#) and [Yoga for Climbers](#). For six years, she wrote the popular *Fit for Life* column in *The Seattle Times*, published in *Pacific NW Magazine*. She has taught yoga for more than a decade, including for three years at the White House Easter Egg Roll. She previously served as Chair of the Board of Directors for Seattle-based nonprofit, Yoga Behind Bars, and was an award-winning journalist for *The Seattle Times* and the *Anchorage Daily News*.

Take the Summer Reading Challenge!

Beginning Monday, June 14, sign up at www.nols.org/srp or at your local NOLS library to join the Summer Reading Challenge. For every 30 days you read, you can receive an entry into the Grand Prize Drawing (up to two entries). Each Grand Prize Drawing winner will be able to select one of the following prizes: a \$100 gift card to a local book store or restaurant, or a LEGO® set (up to \$100 in value)! Read for 30 days and earn a color-by-number Summer

Reading Challenge T-shirt-- express your creativity by filling it in yourself! Whether you read for 20 minutes or 20 hours, it counts as a reading day! Track your reading through August 20.

Summer Reading Program grand prizes, T-shirts, books, and events are generously supported by Friends of the Library groups at all four NOLS branches. For more information about the Summer Reading Program, visit www.nols.org/srp, call 360.417.8500, or email Discover@nols.org.



*Move More with author Nicole Tsong on Thursday, June 17 at 6:30pm
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