



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

## **FOR IMMEDIATE RELEASE**

Date: August 16, 2021  
Contact: Leslie Briggance, Public Services Lead  
360.417.8500 x7730 or LBriggance@nols.org  
Re: Mindfulness Take & Make  
Attachments: *kits.jpg, finished diffuser.jpg*

As summer winds down and we look toward fall, take a moment for yourself to sculpt an essential oil diffuser out of air-dry clay with a kit provided by the North Olympic Library System (NOLS). Beginning Monday, August 23, pick up a kit at any NOLS branch while supplies last.

This project is intended to be a reminder for yourself to be present in the moment, to focus only on the task at hand and to set aside all other worries and thoughts. The Mindfulness Take & Make kit includes instructions, 1/2 ounce of terra cotta air-dry clay, a toothpick, jute twine, and two small bottles of essential oil (lavender and sweet orange).

This program is generously supported by local Friends of the Library groups. For more information about this program, visit [www.nols.org](http://www.nols.org), email [Discover@nols.org](mailto:Discover@nols.org), or call 360.417.8500.



*Mindfulness Take & Make Kits at NOLS starting Monday, August 23.  
# # #*