



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

## **FOR IMMEDIATE RELEASE**

Date: September 10, 2021  
Contact: Cheryl Martin, Librarian  
360.417.8500 x7764 or CMartin@nols.org  
Re: Intentional Aging: Monthly Discussion Group  
Attached: *Intentional Aging logo.png*

The North Olympic Library System (NOLS) is excited to announce *Intentional Aging*, a new monthly discussion group for adults. This program will explore Intentional Aging topics and practices through book discussions, activities, presenters, and more. Meetings will be held on Zoom at 11am on the Third Tuesday of every month, beginning September 21.

This program is scheduled to run through 2022. Attending monthly is encouraged, but all are welcome to join any meeting. Drop-ins are welcome. Register to receive Zoom login information and free resources.

Topics for this program are a deeper dive into the Six Dimensions of Aging Well inspired by the *Aging Mastery Playbook* from the National Council On Aging.

### **Upcoming sessions**

**September 21** - *Getting to Know You* - an introduction to the program

**October 19** - *Mindfulness, Movement and Breath*

**November 16** - Book Discussion. *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite

**December 21** - *Telling Your Story*

Find full information about each session and register for the program at [www.nols.org](http://www.nols.org), or by contacting your NOLS branch.

This program is generously supported by local Friends of the Library Groups. For additional information on programs and services happening at your library, visit [www.nols.org](http://www.nols.org), email [Discover@nols.org](mailto:Discover@nols.org), or follow North Olympic Library System on Facebook and Instagram.



*Sign up now for Intentional Aging, a new monthly discussion group at NOLS.*

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