



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

## **FOR IMMEDIATE RELEASE**

**Date:** January 26, 2022  
**Contact:** Cheryl Martin, Librarian  
360.417.8500 x7764 or CMartin@nols.org  
**Re:** Intentional Aging: Monthly Discussion Group  
**Attached:** *Intentional Aging logo.png, SHIBA - square.png, UW School of Public Health logo.png, dynamic aging cover.jpg*

The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for adults. This program explores Intentional Aging topics and practices through book discussions, activities, presenters, and more. Meetings are held on Zoom at 11am on the Third Tuesday of every month. Attending monthly is encouraged, but all are welcome to join any meeting. Drop-ins are welcome. Register at [nols.org](http://nols.org) or by contacting your NOLS branch, to receive Zoom login information and free resources.

**February 15:** Eva Bennet, SHIBA (Statewide Health Insurance Benefits Advisors) volunteer coordinator for the Olympic Area Agency on Aging, will offer an introduction to the SHIBA program. SHIBA volunteers provide free, unbiased, and confidential help with Medicare and related health care choices to people of all ages and backgrounds. Eva will provide a brief overview of Medicare and discuss Medicare's preventive care services - health care services intended to promote your health and detect disease early.

**March 1 (bonus date!):** "Nutrition As We Age" will be presented by Victoria Eugenie Jansen and Danny Beery, graduate students at the University of Washington Nutritional Sciences

Program. Presenters are enrolled in "Nutrition Education: Principles and Practice" course and on the dietetics track studying to become future Registered Dietitian Nutritionists.

**March 15:** Biomechanist, author, and movement expert, Katy Bowman, M.S., will provide an engaging and interactive presentation on how to age dynamically. Katy will cover the difference between movement and exercise, why both the whole body and each body part needs its own dose of movement, and how to fit more movement throughout each day. Katy's books, including *Dynamic Aging*, can be found in print and eBook at NOLS.

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.



**W** SCHOOL OF PUBLIC HEALTH  
UNIVERSITY of WASHINGTON



SIMPLE EXERCISES FOR WHOLE-BODY MOBILITY

# DYNAMIC AGING

"It's never too late to start moving BETTER. This easy-to-understand book is sure to benefit many who may have thought their days of moving with ease have passed."  
—TAMILEE WEBB, MA, STAR OF BUNS OF STEEL™ AND AUTHOR OF THE ORIGINAL RUBBER BAND WORKOUT



30+ MOVES  
TO BUILD  
PAIN-FREE  
FEET, BETTER  
BALANCE, AND  
CONFIDENT  
MOVEMENT

**BY KATY BOWMAN**

With Joan Virginia Allen, Shelah M. Wilgus,  
Lora Woods, and Joyce Faber



INTENTIONAL  
AGING

*Intentional Aging series held monthly on Zoom.*

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