



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

FOR IMMEDIATE RELEASE

Date: January 6, 2023
Contact: Corrina Desmarais, Older Adult Services Librarian
360.683.1161 x2 or CDesmarais@nols.org
Re: Intentional Aging: The Feldenkrais Method on Jan. 17
Attached: *k_wieseman.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. Register at nols.org/intentional-aging or by contacting your NOLS branch, to receive Zoom login information and free resources.

January 17: Explore the Feldenkrais Method

Join the group to learn about the Feldenkrais Method — a system of learning and self-improvement using sensory awareness. Katherine Wieseman, Ph.D., will talk about the Feldenkrais Method and then lead participants through a Feldenkrais session on Zoom. Katherine is a Sequim-based Guild Certified Feldenkrais Practitioner. She seeks to help others experience the fullest potential of their existence using methods that are holistic, experiential, multi-sensory, and interactive.

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.



Katherine Wieseman presents the Feldenkrais Method on January 17 at the Intentional Aging discussion group meeting on Zoom.

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