



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

## **FOR IMMEDIATE RELEASE**

Date: January 8, 2024  
Contact: Corrina Desmarais, Older Adult Services Librarian  
360.683.1161 x2 or [CDesmarais@nols.org](mailto:CDesmarais@nols.org)  
Re: New Year, Renewed You  
Attached: *Sabrina Caverly.jpg*

If you have made a New Year's resolution and would like help getting started or staying motivated, attend "New Year, Renewed You," a free workshop hosted by the North Olympic Library System (NOLS). Life Coach Sabrina Caverly leads the workshop on Thursday, Jan. 11, from 6 to 7:30 p.m., at Olympic Theatre Arts Center, 414 N. Sequim Ave. No registration is needed.

The workshop will help you identify and implement new habits and show you how to better care for yourself. Caverly will be your guide as you create a personalized, meaningful, and achievable plan.

For more information, visit [nols.org/renewed-you](https://nols.org/renewed-you), call 360.683.1161, or email [Discover@nols.org](mailto:Discover@nols.org). This workshop is generously supported in part by Friends of Sequim Library.



*Life Coach Sabrina Caverly.*

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