



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

FOR IMMEDIATE RELEASE

Date: March 23, 2023
Contact: Corrina Desmarais, Older Adult Services Librarian
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Re: Intentional Aging: Adaptive Gardening on April 18

The North Olympic Library System (NOLS) offers *Intentional Aging*, a monthly discussion group for anyone who wants to live well while aging. **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.

April 18: Adaptive Gardening

Anna Plager from Clallam County Master Gardeners will share ideas for adapting approaches to gardening as individuals grow older. Health challenges and downsizing do not have to stop people from reaping the physical and mental health benefits of planting and nurturing. Explore ways to adapt horticultural endeavors to accommodate endurance issues, range-of-motion limitations, and space constraints. The joys of gardening can be appreciated at all ages!

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.

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