



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

## **FOR IMMEDIATE RELEASE**

Date: August 3, 2023  
Contact: Corrina Desmarais, Older Adult Services Librarian  
360.683.1161 x2 or CDesmarais@nols.org  
Re: Intentional Aging group discusses Nutrition and Late-Life Depression, August 15.

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.** Monthly attendance is encouraged, and all are welcome to join any meeting. Register at [nols.org/intentional-aging](https://nols.org/intentional-aging) or by contacting your NOLS branch.

### **August 15**

#### **Nutrition and Late-Life Depression**

Daniel Beery, a Nutritional Sciences graduate student at the University of Washington, will join the Intentional Aging group to discuss how diet and lifestyle can affect mental health as people age. Learn how late-life depression differs from depression in other life stages, and how nutrition affects the risk for developing late-life depression.

#### **About the Presenter**

Daniel Beery is a student in the Masters of Science Nutritional Sciences Program at the University of Washington, training to become a registered dietitian. Winner of the Washington State Academy of Nutrition and Dietetics' (WSAND) 2023 Outstanding Student Award, Beery

plans to pursue a career in academia as a researcher and professor, studying and lecturing about the role of nutrition in the pathophysiology of depression.

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.

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