



NEWS RELEASE

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

FOR IMMEDIATE RELEASE

Date: October 11, 2023
Contact: Corrina Desmarais, Older Adult Services Librarian
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Re: Intentional Aging group discusses Community Connections, Oct. 17

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.** Register at nols.org/intentional-aging or by contacting your NOLS branch.

Oct. 17

Community Connections

Physical, mental, and emotional health get a boost when we connect with others. Join the discussion to explore how community connections support your overall well-being. Representatives from local organizations will present the social opportunities they offer.

This event is part of Resilience Month, when organizations throughout Clallam County team up to offer activities that build community resilience. Learn more at nols.org/resilience.

Upcoming Topics

Register once and use the Zoom link to explore a new topic with the Intentional Aging group every month. On Nov. 21, Information and Assistance Specialist Petra Reininger will highlight services provided by Olympic Area Agency on Aging, and share how to plan for long-term care. On Dec. 19, Priya Jayadeve from Volunteer Hospice of Clallam County will discuss palliative and hospice care, and local options that provide comfort and improve quality of life.

For additional information on programs and services happening at your library, visit nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.

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