



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

## **FOR IMMEDIATE RELEASE**

Date: February 12, 2024  
Contact: Corrina Desmarais, Older Adult Services Librarian  
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Re: Aging Well Speaker Series: Explore Posture Exercise Therapy

The North Olympic Library System (NOLS) offers the Aging Well Speaker Series, a quarterly program featuring topics for those who want to live well while aging. This program replaces the Intentional Aging Monthly Discussion Group, and the new name better illustrates the contributions of guest speakers.

Join the Zoom meeting at 11 a.m. to 12:30 p.m. on Tuesday, Feb. 20, and learn about posture exercise therapy with Grace Lambert, a Sequim-based posture therapist. Lambert's passion for posture therapy grew from her own journey with chronic pain. Register for the free program at [nols.org/aging-well](https://nols.org/aging-well) or by contacting your NOLS branch.

For additional information on programs and services happening at your library, visit [nols.org](https://nols.org), email [Discover@nols.org](mailto:Discover@nols.org), or follow North Olympic Library System on Facebook and Instagram.

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