



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

FOR IMMEDIATE RELEASE

Date: May 8, 2024
Contact: Corrina Desmarais, Older Adult Services Librarian
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Re: Aging Well Speaker Series: Mindfulness for Seniors

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. Join the Zoom meeting at 11 a.m. to 12:30 p.m. on Tuesday, May 21, for a presentation by [Mindfulness Northwest](#) that explores the components and benefits of a mindfulness practice. Learn how a mindfulness practice can provide support amidst the challenges of aging, creating a greater possibility for the elder years to be a time of growth and thriving. Register for the free program at nols.org/aging-well or by contacting your NOLS branch.

This program is funded in part by local Friends of the Library groups. 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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