

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

## **FOR IMMEDIATE RELEASE**

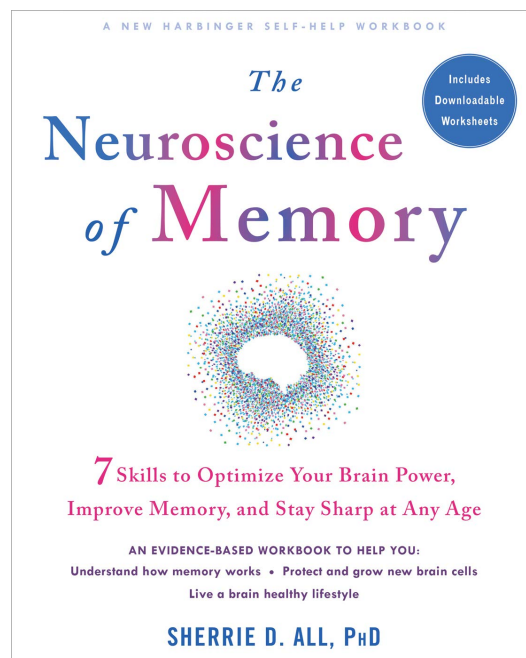
Date: December 21, 2021  
Contact: Cheryl Martin, Librarian  
360.417.8500 x7764 or CMartin@nols.org  
Re: Intentional Aging: Monthly Discussion Group  
Attached: *Intentional Aging logo.png, Neuroscience of Memory.jpg*

The North Olympic Library System (NOLS) is excited to announce *Intentional Aging*, a new monthly discussion group for adults. This program will explore Intentional Aging topics and practices through book discussions, activities, presenters, and more. 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. Drop-ins are welcome. Register to receive Zoom login information and free resources.

On **Tuesday, January 18, at 11am** there will be a book discussion of *The Neuroscience of Memory: Seven Skills to Optimize Your Brain Power, Improve Memory, and Stay Sharp at Any Age* by Sherrie D. All, PhD. The group will complete and discuss worksheet activities from the book, and explore other resources on the topic. To borrow a print copy of the book, email [cmartin@nols.org](mailto:cmartin@nols.org) or call 360-417-8500 x7708. Digital eAudio copies of the book are also available for instant download on hoopla; ask any staff member for help using hoopla.

Find full information about each session and register for the program at [www.nols.org](http://www.nols.org), or by contacting your NOLS branch.

This program is generously supported by local Friends of the Library Groups. 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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