



FOR IMMEDIATE RELEASE

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Fall Series at the Worcester Public Library

Adult programs are free and open to the public

Worcester, MA – The Worcester Public Library will be running several adult program series during the fall season. Sign-up to learn computer basics, hand-lettering, mindfulness techniques, and much more.

The **Fall Computer Series** will begin this week with Internet Safety Tips for Seniors on Wednesday, September 6 at 6:30 p.m., and an introductory class on Microsoft Word on Saturday, September 9 at 9:15 a.m. Register online at <http://www.mywpl.org/> or call 508-799-1655 ext. 3. Other classes in this series include introductory classes on Microsoft Excel, PowerPoint, Cyber Security at Home and at Work, Downloading eBooks, eAudio and eMusic, Google Drive and Google Docs, and Pixlr Express and Editor. Visit <http://mywpl.org/article/adult-classes-and-programs> for more info.

For some fun, be sure to check out **Hand Lettering Make-and-Takes with Artist C.J. Kennedy**. The first session of this six-week series is Saturday, September 9 at 2 p.m. In each workshop, learn a decorative alphabet you can use to personalize greeting cards, enhance scrapbook pages and journals, and more. Use your new skill to create a seasonal themed craft you can take home. Space is limited and registration is recommended. Register online at <http://mywpl.org/article/adult-classes-and-programs> or call 508-799-1655 ext. 3. *This program is administered by the Worcester Arts Council, for the Local Cultural Council – an agency supported by the Massachusetts Cultural Council, a state agency.*

If you're looking for a new way to help manage stress you will want to sign-up for **MBSR: Mindful Based Stress Reduction**. The eight-week series begins Tuesday,

September 12 at 6 p.m. The course will consist of Instruction on formal and informal mindfulness practices, guided meditations, experiences directed at developing awareness, group discussions and mindful movement, such as yoga. Commitment to attendance at all eight sessions is strongly recommended. Register online at <http://mywpl.org/article/adult-classes-and-programs> or call 508-799-1655 ext. 3.

The library will also be holding Zumba, book talks and author visits, a small business series, crafts for adults, and a genealogy series. For more information on all the adult offerings as the Worcester Public Library visit <http://mywpl.org/article/adult-classes-and-programs>. For more information on these series please contact Linnea Sheldon, Community Relations and Communications Manager at 508-799-1654 or lsheldon@mywpl.org.

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