



FOR IMMEDIATE RELEASE

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***New Year, New You: A Wellness Series
at the Worcester Public Library***

Worcester, MA – The Worcester Public Library is helping you get a kick-start on your New Year's Resolutions with the wellness series, *New Year, New You*. You are welcome to sign up for any, or all, of the parts of this series, as we help exercise your mind and body. All classes will be held at the Main Library, 3 Salem Square, Worcester.

The series begins with *Tai Chi* on Saturdays, January 2, 16, and 30 from 11 a.m. to 12 p.m. in the Banx Room. Tai Chi is an internal Chinese Martial Art practiced for its health benefits. Join Master Jim Keenan for this class, and be sure to wear loose, comfortable clothing.

Nutrition Balance will be held Tuesday, January 5 from 6 to 7:30 p.m. in the Saxe Room. Learn what you should be eating to be your healthful best from clinical dietician Michelle Palladino, RD, LDN.

On Saturday, January 9 try out *Vinyasa Flow: Yoga for All Levels* from 9:30-10:15 a.m. or *Yoga Nidra: "Guided Relaxation"* from 10:15 to 11 a.m. in the Banx Room. Feel the energizing effects of starting your day with movement and relaxation. Yoga mat is required.

What is Mindfulness? will be held Saturday, January 23 from 10:30 a.m. to 12:30 p.m. in the Saxe Room. Learn more about mindfulness in this interactive presentation by the UMass Center for Mindfulness. Class will be led by Instructor Margaret Fletcher, BA, certified teacher of Mindfulness-Based Stress Reduction.

Forgetting to Remember, Remembering to Forget will be Tuesday, January 26 from 7 to 8:30 p.m. in the Saxe Room. Join UMass Neuropsychiatrist, Sheldon Benjamin, MD, for a literary and scientific journey through memory, mind and brain.

This series is sponsored by the Friends of the Worcester Public Library. Registration is required for all events; register at mywpl.org or by calling 508-799-1655.

For more information on the Worcester Public Library and a complete list of events and programs visit www.mywpl.org. For more information on *New Year, New You* contact Linnea Sheldon, Community Relations and Communications Manager, at 508-799-1654 or lsheldon@worcpublib.org.

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