

Northwest Akron Branch presents

# A Spring Health and Wellness Series



## **Monday, March 30, 6:30 pm**

Kathleen Calby of Re-Sounding Joy shares the beauty of relaxation through a performance with Himalayan Singing Bowls.

## **Monday, April 6, 6:30 pm**

Learn how to eat healthy and fun with Gabriel Riazi, Community Wellness Coordinator of the Mustard Seed Market and Café.

## **Monday, April 13, 6:30 pm**

Local author Laura St. Cloud will discuss her newly published ONE WAY HEALTHIER JOURNAL. Copies will be available to purchase.

## **Monday, April 20, 6:30 pm**

Join Professional Organizer Jeffrey Gergel of Organize My Life Now, LLC to learn techniques to reduce stress and anxiety to help put your life in order.

These programs are **free**. Registration is requested or for more information, contact Northwest Akron Branch Library at 330.836.1081 or email Tricia Twarogowski at [ttwarogowski@akronlibrary.org](mailto:ttwarogowski@akronlibrary.org)

*Interpretive services are available. Please inquire.*



330-836-1081

**Akron-Summit County  
Public Library**

Northwest Akron Branch Library  
1720 Shatto Ave., Akron, Ohio 44313  
[www.akronlibrary.org](http://www.akronlibrary.org)