

FOR IMMEDIATE RELEASE

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LIBRARY PROGRAMS FOCUS ON HEALTH & TECHNOLOGY HELP



Photo above: Lifestyle Nutritionist Jeremy Holman returns on Thursday, April 4 at 3:00 p.m. to Eastern Shore Public Library to cap off the Lifestyle Challenge program series.

(ACCOMAC, VIRGINIA) February 14, 2019 – The Eastern Shore Public Library will be offering programs promoting improved health and your knowledge of computer technology. The **Lifestyle Challenge** continues with programs held on Thursdays at 3:00 p.m. “**Less Sugar, Less Sodium**” will be the topic on February 21 presented by Virginia Cooperative Extension. On March 7, “**Tranquility in Technique: The Beauty of Arabic Calligraphy**” will introduce you to the stress relieving benefits of artistic expression by creating you own rendering of Arabic script. The health benefits of artistic expression continue with “**Sea Shell Painting**” on March 21. The last Lifestyle Challenge program will bring back, by popular demand, **lifestyle nutritionist Jeremy Holman** on April 4. You do not need to be enrolled in the Lifestyle Challenge to attend and it is not too late to sign-up for the Challenge.

Every Thursday at 1:00 pm, the library’s Adult Services Specialist, Wells Gregoire, hosts a **Tech Hour**. This is an opportunity to learn a new technology skill and to ask him questions about your personal devices and how to use them. Social networking is the topic for the next few weeks. Learn the basics of starting to use Facebook on February 21 and 28. Instagram basics will be taught on March 7 and 14.

These programs are free and open to the public with no registration required. They are designed for adult audiences and will be held at the Eastern Shore Public Library in Accomac. Call 787-3400 for more information or visit the library’s online calendar at www.espl.org.

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