



Timberland
Regional
Library

News Release

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Teach your body some new tricks *Library offers new "Healthy You" series*

Some local fitness experts will be visiting at the Shelton Timberland Library (the William G. Reed Library) this month to demonstrate a variety of ways you can get moving and develop a "Healthy You." Put on some comfortable clothes, be at the library at 6:30 p.m. each Tuesday in February, and be ready to move. The activities are intended mainly for adults and teens.

February 2: ZUMBA

Learn some basic moves from Zumba instructor Brittany Talbott. Zumba is a workout routine inspired by a fusion of Latin and International music that creates an effective fitness system.

February 9: YOGA

Join Yoga instructor Melode Brewer and learn basic Yoga positions for healing and relaxation. Bring a mat or a blanket.

February 16: TURBO KICK

Learn some basic moves from Turbo Kick instructor Will Satak. Turbo Kick is a fusion of hip hop and kickboxing.

February 23: TAI CHI

Join Tai Chi instructor Lisa Renggli and learn some techniques. Tai Chi combines mental concentration, coordinated breathing and slow, graceful body movements.

"Each year the library picks a theme and fit programming into that subject area. This year we selected health," said librarian Dee Depoe. "In the spring we hope to have more programming on the subject, such as healthy cooking, local authors of health books and a healthy cleaning product workshop. In our area, library programming is all about possibilities," said Depoe.

The Shelton Timberland Library is located at 710 W Alder Street. For more information, call the library at (360) 426-1362 or go to www.TRL.org.

Timberland Regional Library provides for the information, reading and lifelong learning needs of the Grays Harbor, Lewis, Mason, Pacific, and Thurston county public at 27 community public libraries and 7 library service partner locations. The library system is funded mainly by local property taxes. Anyone needing special accommodations to participate in a library's program may contact the library one week in advance.