



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

ADULT PROGRAMMING ADDED FOR JUNE AT LIBRARY

June programs for adults at the library focus on health and well-being for us and the planet.

Join us Friday June 14 at 7 p.m. for a screening of the documentary, *The Tapping Solution*. Tapping has been described as a combination of ancient Chinese acupuncture and modern psychology. The goal is to relieve emotional or physical pains and problems.

Tuesday June 18 at 6:30 p.m. the library will screen the documentary *Do the Math*. The film looks at fossil fuels and global warming. For more details see the related Website, math.350.org.

Finally, the library is repeating *Reducing Cancer Risk Through Diet* with registered dietitian and Nutrition Director for the Coalition for Cancer Prevention through Plant-Based Eating George Eismann. This will be held Saturday June 22 from 2-3:30 p.m.

Those interested should sign up by calling (607)936-3713 ext. 502 or stop by the Reference Desk in the library.

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Programs made possible by the Friends of the Library
The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.