



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

EXPLORING THE ENERGY OF YOU WORKSHOP SLATED

The Southeast Steuben County Library will hold a workshop led by retired RN Sharon Clarke entitled Exploring the Energy of You on Jan. 21 from 6:30-7:30 p.m.

Clarke will talk about how we can use meditation, physical movement and other tools to energize our minds and bodies.

As we start a new year, this is the perfect time to get active or try a new skill like meditation to improve our lives. Explore your energy on Jan. 21.

To sign up or get more information, call (607)936-3713 ext. 502.

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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.