



**Southeast Steuben County Library**  
**300 Nasser Civic Center Plaza; Suite 101**  
**Corning, NY 14830**  
**ssclibrary.org**

CONTACT: Michelle Wells  
Adult Services Director  
wellsm@stls.org  
(607) 936-3713 ext. 502

CONTACT: Cherie Chigama  
Public Relations Director  
chigamac@stls.org  
(607) 936-3713 ext. 220

February 13, 2014  
FOR IMMEDIATE RELEASE

#### LIVING HEALTHY WORKSHOP SERIES SLATED AT SSC LIBRARY

The Southeast Steuben County Library, in conjunction with the Steuben Rural Health Network, will present "Living Healthy Southern Tier," a series about getting the most out of life while managing chronic health conditions.

The program will be held from 10 -11:30 a.m. on the following dates: March 6, 13, 20, 27 and April 3, 10.

Kelli Guilford and Kevin Williams from Steuben Rural Health will lead the series.

Conditions that may be covered are asthma, eating disorders, diabetes, COPD and more. This series may be beneficial to anyone coping with a chronic health problem.

Sign up is required by calling (607)936-3713 ext. 502. Space is limited to 20 people.

-30-

*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.*