



**Southeast Steuben County Library**  
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**ssclibrary.org**

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FOR IMMEDIATE RELEASE

#### JOY UNLEASHED: 11 WEEK WORKSHOP SERIES SLATED AT SSC LIBRARY

Join us for a workshop series to unleash the joy in your life. This series, based on the book, *The Joy Diet: 10 Daily Practices for a Happier Life* by Martha Beck, will run 11 weeks.

Participants will learn and practice ten behaviors that can make for a happier, more satisfying life. Each workshop includes presentation, discussion and sharing.

Workshops will be held on Tuesdays from noon to 1 p.m. beginning Jan. 6 through March 17. As these are lunchtime meetings, participants are invited to bring a bagged lunch if they wish. Beverages will be provided. Having a copy of the book is recommended but not required.

Space is limited. Call (607)936-3713 ext. 502 to sign up.

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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.*