



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

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FOR IMMEDIATE RELEASE

**EXERCISE YOUR MIND AND BODY THIS SPRING WITH SSCL AND CORNING PARKS AND REC**

The Southeast Steuben County Library and the Corning Department of Parks and Recreation have teamed up to offer a fun program for children.

Exercise your Mind and Body will be held April 13-16 from 4-5:15 p.m. for children ages 4-9 years old.

Participants will begin at the library with a sports-themed story time, then head over to the Nasser Civic Center rink for basic instruction in that sport.

Playing and reading are two essential components of early literacy. This is a great way for children to gain skills and have fun.

For questions, call (607) 936-3713 ext. 503. Sign up is not required for this program.

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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.*