



SUMMER OF WELLNESS

This summer, the Pulaski County Public Library is hosting programs centered on improving your well-being. Consider attending any of these free programs at the library in **June**.

Yoga at the Library

All ages and skill levels are welcome at Yoga at the Library! Weather permitting, yoga will take place outside in the grassy area next to the cabin. Otherwise it will be held indoors.

Sign-up is encouraged. Limited yoga mats are available—bring yours if you have one!

Saturday, June 3rd • 10:00 AM
Saturday, June 17th • 10:00 AM

Adult Group Hike at the State Park

Join us for an adult group hike at the Tippecanoe River State Park, led by Friends of the Tippecanoe River State Park. The specific route will be decided that day. Advance sign-up is encouraged. Meet at the park office.

Tuesday, June 13th • 10:00 AM

Create a Vision Board

Create a vision board and bring your goals to life with Sandy Orsund, founder of the Union Wellness Boutique.

Space in this workshop is limited; registration is required. Call the library to reserve your spot.

Friday, June 30th • 11:00 AM

"Core U" Wellness Program

"Core U" is an integrative wellness program focused on the five keystones of health: Nutrition, Stress Management, Movement, Lifestyle, and Community. Sandy Orsund will discuss how each of these factors are interconnected and play a vital role in overall wellness. Sign-up is encouraged.

Monday, June 12th • 11:00 AM

Join us!

To sign-up and save your spot for any program, call the library or email us at info@pulaskicounty.lib.in.us.

More events at the library in June:

- Implicit Bias Training
- QPR Training: Ask a Question, Save a Life
- Growing Together: A Parenting Group
- Summer programs for the whole family!

Visit our website & Facebook page to learn more.

Ten Percent Happier Meditation App

Meditation app Ten Percent Happier is available at no cost to PCPL resident cardholders! Visit our website and click Digital Resources.



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