

Press Release

Geauga County Public Library
Administrative Center
12701 Ravenwood Drive
Chardon, Ohio 44024

Media Contact:
Lori Weber
440-286-6811, Ext. 106
lori.weber@geaugalibrary.info

WORK Out with GCPL, Geauga Park District and University Hospitals

Challenge yourself: Get in physical and mental shape (and win great prizes!)

Geauga County April 27, 2015 – Get your “A” game on this spring and summer with Geauga County Public Library, Geauga Park District and University Hospitals with WORK Out, a program designed to get you moving, both physically and mentally. Scheduled to run May 1 – Sept. 11, WORK Out includes four components (Walk, Observe, Read, Know). WORK Out programs will be held in various GCPL locations as well as at other off-site venues. The free program is open to anyone older than 12 years.

When people sign up for WORK Out at their library, they will receive a starter kit with several items including a challenge log, a pedometer (courtesy of University Hospitals), a Sport Tek T-shirt while supplies last (from GCPL), maps (from Geauga Park District), a stylus pen and an extra issue of *Lines & Links* that notes the various programs that qualify for WORK Out credit. Once finished, participants will receive a few other prizes including a high-quality stainless-steel water bottle and a chance to win in drawings for marquee prizes including Fitbits, yoga mats, DVDs, walking sticks and more.

What do you have to do to jump in on all the fun? Simply complete a total of 10 challenges in the following categories:

Walk – Get up and get moving. Take a walk with GCPL. Several literary and historic walks are on the calendar. Learn about colorful history behind the Chardon Square. Take your dog on a “Books and Barks” stroll through the park. Try tai chi. There’s even a bike ride that we’ll count as a “walk.” (Required: 3 “Walk” programs).

Observe – Attend any GCPL program. Exciting topics include history, tanning and skin cancer, nutrition, wine tasting, card making, drop spindle spinning, home design and much more. (Required: 2 “Observe” programs).

Read – OK, this one’s pretty obvious. Read a book or magazine. Check something out from any genre. Attend a book discussion group. Get suggestions from GCPL librarians, your reading resource.

(Required: 3 “Read” programs).

Know – Curious about all this technology and how it’s impacting reading? Attend a Digital Discoveries class at GCPL and download an eBook. GCPL has several digital options for eBooks, audiobooks, music, movies, television shows and eMagazines. All you need is a library card, Internet connection and your smart phone or tablet. Even if you don’t have a device, you can still come in and learn how to make better use of email or take digital photos.

(Required: 2 “Know” programs).

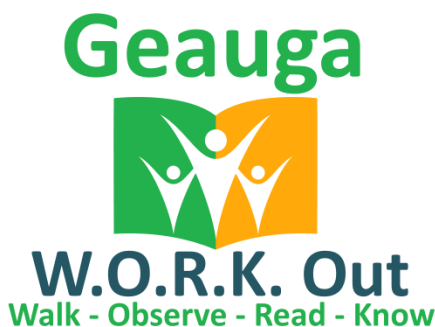
Find the lineup of WORK Out activities in the Summer issue of *Lines & Links*, the GCPL newsletter. Or, peruse our [online events calendar](#).

Extra perk: Get caught WORKing Out by wearing your WORK Out T-shirt and roving GCPL staff members and librarians will “ticket” you by entering your name extra times into the drawing for a Fitbit or other fabulous prizes.

About the Geauga County Public Library

The Geauga County Public Library includes four full-service community libraries in Bainbridge, Chardon, Chesterland (Geauga West) and Middlefield; two library stations housed in schools in Newbury and Thompson; one Bookmobile that serves farms, nursing homes and nursery schools; and one administrative center where technical services, computer services, facilities and administrative functions reside. GCPL has more than 500,000 books and e-books. The collection also contains more than 100,000 audio / video items and 400 research databases available through its website. GCPL is a member of the SearchOhio / OhioLINK consortium, giving patrons access to more than 66 million items. Learn more about the Geauga County Public Library at the [GCPL website](#), GeaugaLibrary.net. Follow us on Facebook, Twitter and LinkedIn for news and updates.

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Caption: Challenge yourself with WORK Out. This program sponsored by GCPL, Geauga Park District and University Hospitals gets you moving physically and mentally. Pick up a free starter kit at GCPL.