



Geauga County  
**Public Library**

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## Press Release

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### GCPL's Geauga West Branch hosts day of wellness

**Geauga County – Jan. 7, 2019** – Do your New Year resolutions include improved health and wellness? If so, plan to visit GCPL's Geauga West Branch in Chesterland, Sat., Jan. 26. Numerous local agencies and practitioners will be on site to offer wellness advice along with demonstrations and giveaways.

#### **Day of wellness**

**Date:** Sat., Jan. 26

**Time:** 11 a.m. – 3 p.m. (drop-in)

**Place:** Geauga West Branch

13455 Chillicothe Road / Chesterland, Ohio 44026

**Cost:** Free, open to the public

Learn about the benefits of exercise. Discover nutrition and cooking tips that will help you maximize your meals' nutritive value. Learn about massage therapy, and how pets and the arts can help you increase the joy in your life. Numerous presenters and health experts will be on site and include:

- NAMI (National Alliance on Mental Illness)
- Heinen's
- University Hospitals Geauga Campus
- Cleveland Natural Health
- Rebecca Rickel (Kombucha)
- Reiki Share
- Massage Therapy
- Rescue Village
- Geauga Park District
- Geauga YMCA
- Fairmount Center for the Arts

"Our mission is to engage, connect and inspire," says GCPL Director Ed Worso. "Helping patrons and staff pursue their goals of health and wellness targets all three of these goals. This day of wellness presents a broad range of physical and mental ideas to help foster healthy habits and positive lifestyle choices. We hope many people take advantage of the day's offerings."

## About the Geauga County Public Library

The Geauga County Public Library includes four full-service branches in Bainbridge, Chardon, Chesterland (Gauga West) and Middlefield, two library stations housed in schools in Newbury and Thompson, and a Mobile Services fleet that serves rural areas and community centers. Its administrative center is located in Chardon, where technical services, computer services, facilities and administrative functions reside. GCPL houses more than 750,000 books and digital books. The collection also contains more than 100,000 audio / video items. About 75 research databases are available via its website. GCPL is a member of the Clevnet consortium, giving patrons access to more than 12 million items. Learn more about the Geauga County Public Library at the GCPL website, [GaugaLibrary.net](http://GaugaLibrary.net).

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A promotional poster for a "Day of Wellness" event. The background is a photograph of a stack of smooth, rounded stones on a beach, with waves and a blue sky in the distance. The text is overlaid on the image. At the top, "Day of Wellness" is written in a large, white, sans-serif font. Below that, "Gauga West Branch" is written in a smaller white font, followed by "Sat., Jan. 26" and "11 a.m. - 3 p.m." in the same font. To the left of the stone stack, there is a paragraph of text: "Join us for demonstrations, presentations, and tips from agency experts. Drop-in. No registration required. Free." To the right of the stone stack, there is a list of participating organizations: "NAMI", "Heinen's", "University Hospitals", "Cleveland Natural Health Rescue Village", "Gauga YMCA", "Fairmount Center", and "Others".

Day of Wellness

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NAMI  
Heinen's  
University Hospitals  
Cleveland Natural Health  
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Gauga YMCA  
Fairmount Center  
Others

Caption: GCPL's Geauga West Branch is hosting a day of wellness Sat., Jan. 26, 11 a.m. – 3 p.m. Experts will be on hand to share advice on physical and mental health and wellness. Free.