



# Geauga County Public Library

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## Press Release

Geauga County Public Library  
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### **Celebrate Wellness and Self-Care at Geauga County Public Library**

**Geauga County – Sept. 28, 2021** – GCPL offers a variety of classes, both virtual and in-person, that offer the community a chance to engage in wellness and self-care activities for all ages, at no cost.

"Any time is a good time to practice wellness and self-care, but this seems especially important these days. We are excited to offer our community opportunities to engage in these activities," says GCPL Interim Director Kris Carroll.

Below is a small sample of our upcoming programs:

**Slow Movement Yoga**, Bainbridge & Virtual, Tues., Oct. 5, 10 a.m.

**Walking Wednesdays**, Bainbridge, Wednesdays, 9:30 a.m.

**Wellness Wednesday: Breast Cancer Awareness (pres. by Cleveland Clinic)**, Virtual, Wed., Oct. 6, 7 p.m.

**How to Get the Most Out of Your Doctor's Appointment (pres. by UH Geauga)**, Geauga West, Tues., Oct. 12, 2:30 p.m.

**Elementary Yoga**, Bainbridge, Thurs., Oct. 14, 7 p.m.

**Meditation Monday: Guided Meditation to Reduce Anxiety**, Bainbridge & Virtual, Mon., Oct. 25, 7 p.m.

**Exercise Benefits for Arthritis (pres. by UH Geauga)**, Chardon, Mon., Nov. 1, 2 p.m.

**Self-Care During the Holidays**, Geauga West, Tues., Nov. 9, 2:30 p.m.

To see full descriptions, register, and see other programs offered, go to [www.GeaugaLibrary.net](http://www.GeaugaLibrary.net) and click on "Programs."

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**Caption:** GCPL offers a variety of wellness and self-care programs.

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## **About the Geauga County Public Library**

The Geauga County Public Library includes five full-service Branches in Bainbridge, Chardon, Chesterland (Gauga West), Middlefield, and Thompson, a fleet of Mobile Services vehicles that serve rural areas and community centers, and an Administrative Center where technical services, computer services, facilities and administrative functions reside, in addition to its public library space. GCPL has more than 900,000 books and ebooks. The collection also contains more than 100,000 audio / video items and 60 Research databases available through 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 [GaugaLibrary.net](http://GaugaLibrary.net)