



**Stanislaus County Library**

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[www.stanislauslibrary.org](http://www.stanislauslibrary.org)

## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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#### **For more information, contact:**

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## **Local libraries offer health and wellness programs for teens**

*Teens can learn about self-care through this special program series*

Local teen Avni Parmar will lead a health and wellness program designed exclusively for teens at three Stanislaus County community libraries this month. This program series will cover the topic of self-care this month at the Ceres, Riverbank, and Nick W. Blom Salida Regional Libraries.

Parmar will lead participants through an assessment on self-care. Following the assessment, teens will learn about activities that promote self-care.

The first program will be offered on Tuesday, Sept. 17 at 3 p.m. at the Ceres Library, located at 2250 Magnolia Street. For more information, please contact the library supervisor, Megan Mizuno, at 209-537-8938.

The Riverbank Library will offer the program on Friday, Sept. 20 at 3 p.m. The Riverbank Library is located at 3442 Santa Fe Street. For more information, please contact the library supervisor, Victoria Holt, at 209-869-7008.

Teens at the Salida Library will have the opportunity to attend the program on Wednesday, Sept. 25 at 4 p.m. This event is sponsored by the Friends of the Salida Library. The Salida Library is located at 4835 Sisk Rd. at 209-543-7353. For more information, please contact the library supervisor, Wayne Philbrook, at 209-543-7353.

Information about regularly occurring library programs can be found at [www.stanislauslibrary.org](http://www.stanislauslibrary.org), under the “Events and Classes” tab.

### **About the Stanislaus County Library**

The Stanislaus County Library engages all members of the community and offers access to information, knowledge, and the tools for innovation and personal development. With 13 locations throughout the county, the Library offers free access to a diverse collection of materials, computer access and Wi-Fi, Story Times, programming for all ages, and more. To learn more about the Library’s wide array of programs and services, visit [www.stanislauslibrary.org](http://www.stanislauslibrary.org).

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