

FOR IMMEDIATE RELEASE

**ORANGE COUNTY PUBLIC LIBRARY TO HOST
WELLNESS WORKSHOP**

ORANGE COUNTY, NC (January 21, 2014)—Orange County Public Library (OCPL) will host “Make It Stick!” This is a free wellness workshop geared toward making healthy changes and learning how to follow through with them.

The class will take place on Wednesday, January 29, from 6:30 p.m. – 7:30 p.m.

Local therapist and wellness coach, Marit Weikel will lead the lively presentation at the OCPL Main Library. She will share information about what makes change difficult and she’ll offer tools and strategies to navigate obstacles in the way.

Weikel is a licensed therapist and certified health and wellness coach. She can be reached through Weikel Health and Wellness at marit@weikelwellness.com or 919.727.6003.

This event is open to the public and does not require advance registration. Make 2014 your healthiest year yet.

The OCPL Main Library is located at 137 W. Margaret Lane in downtown Hillsborough. Free parking is available in the Eno River Parking Deck behind the library.

For more information about library programs and services, please visit OCPL online at www.orangecountync.gov/library

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