



DARE COUNTY LIBRARY

Library Enrichment Series

January through March 2020

All programs are FREE. No registration required for most programs.

ROAD TO A HEALTHIER YOU - Center for Healthy Living

The New Year is here! Are you ready to move towards a healthier lifestyle? Please join experts from the Outer Banks Hospital *Center for Healthy Living* who will be discussing topics surrounding plant-based nutrition, weight management, and health coaching. **Call 252-449-7300 to register. (Registration is required for this program.)**

Wednesday, January 15 from 1:30 p.m. to 2:30 p.m. at Manteo Library

Wednesday, February 19 from 1:30 p.m. to 2:30 p.m. at Kill Devil Hills Library

Wednesday, March 4 from 1:30 p.m. to 2:30 p.m. at Hatteras Library

MINDFULNESS - Outer Banks Inner Journey Center

Presented by licensed professional counselors, Rosie Rankin and Shirley Parker, of *Outer Banks Inner Journey*, Center for Self-care and Well-being. Learn how to practice mindfulness to help you ease stress, face life's pressures, adjust to new situations, set new life goals. No preregistration is required.

Wednesday, January 22 from 11:00 a.m. to Noon at Kill Devil Hills Library

Wednesday, February 5 from 11:00 a.m. to Noon at Hatteras Library

Wednesday, February 12 from 11:00 a.m. to Noon at Manteo Library

PHOTOGRAPHY TIPS - The OBX BeachBum

Join *The OBX BeachBum*, Roy Edlund, as he presents tips about how to take great photographs. Learn about lighting, shutter speeds, camera and lens selection, web posting, printing and more. No preregistration is required.

Wednesday, March 11 from 11:00 a.m. to Noon at Manteo Library

Wednesday, March 18 from 11:00 a.m. to Noon at Kill Devil Hills Library

Wednesday, March 25 from 11:00 a.m. to Noon at Hatteras Library

Each program will be held at a Dare County Library location near you. Contact your library for more details. Spread the word. Bring a friend.

Hatteras 252-986-2385

Kill Devil Hills 252-441-4331

Manteo 252-473-2372

www.darenc.com/library