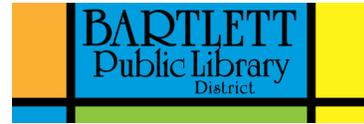


For Immediate Release
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Contact: Roslyn Summerville
Bartlett Public Library District
800 S. Bartlett Rd.
Bartlett, IL 60103
630.213.5041
RSummerville@bartlettlibrary.org

Health takes spotlight in Bartlett Library Foundation programs

Being aware and taking care of your body is one of the most important tasks in life, so this summer the Bartlett Library Foundation is funding programs that have to deal with health.

Funding for these programs comes from the Patti Perkins Fund, which was established in memory of the Library's former Circulation Department Manager. Donations to this fund add to the collection of materials related to women's health and support programs on the subject.

The programs funded by the Patti Perkins Fund are as follows:

Yoga for Every Body

Saturday, July 15 at 10:00 a.m.

Learn to mindfully ease your body into Yoga poses using breath and gentle muscle engagement. This Yoga class will hone your capacity to breathe deeply, move slowly with awareness and be content with your body's abilities. You will learn to use the breath to quiet the constant chatter of the mind, and the awareness you develop will help invigorate and relax you throughout your day. Registration required.

WERQ

Saturday, July 15 at 2:00 p.m.

Are you ready to WERQ? WERQ is an addicting dance cardio based on the hottest pop and hip hop music. The workout is non-stop with repetitive athletic moves and fresh dance steps, so you get the best sweat. Wear gym shoes and bring a water bottle. No experience necessary. Registration required.

NAMI DuPage: Shining a Light on Mental Illness

Tuesday, July 18 at 7:00 p.m.

NAMI DuPage will be presenting an overview of mental illnesses, and also the resources that are available through NAMI. The presentation will include stories from an individual living with a mental illness. NAMI DuPage is a non-profit organization that provides support, education and services in DuPage County for individuals living with a mental illness, and their families. Registration required.

Understanding Your Cancer Diagnosis

-Breast Cancer: Tuesday, July 25 at 7:00 p.m.

-Prostate Cancer: Tuesday, August 8 at 7:00 p.m.

If you or a loved one has been recently diagnosed with cancer, you may have many questions. Maybe you feel overwhelmed and don't even know where to begin. A representative from the American Cancer Society will be here to explain what services, support and assistance they can offer.

For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartletlibrary.org.

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The Bartlett Public Library District, located at 800 S. Bartlett Rd., provides programs and services to meet the needs of the community. For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartletlibrary.org.