



May 10, 2016

FOR IMMEDIATE RELEASE

**ADULT SUMMER PROGRAMMING: EXERCISE YOUR MIND @ THE LIBRARY**

(PANAMA CITY, FL) – This summer, the Bay County Public Library will “Exercise Your Mind” with fun events in the library’s meeting room. Everything is free to attend and open to the public. Refreshments will be provided by the Friends of the Bay County Public Libraries. For more food for thought, check out our “Healthy Living” book display located in the Adult Services area throughout June and July.

***My Way to Olympia***

June 1, 2016, 2:00 p.m.

PBS POV documentary *My Way to Olympia* filmed by prominent disabled filmmaker Niko von Glasow provides an endearing glimpse into London’s 2012 Paralympics competition despite the filmmaker’s aversion to sports. When von Glasow meets one-handed Norwegian table tennis player, the Rwandan sitting volleyball team, an American archer without arms and a Greek paraplegic boccia player, his own stereotypes about disability and sports get delightfully punctured. After the film, there will be an engaging discussion.

***Gardening with Julie***

June 22, 2016, 2:00 p.m.

Julie McConnell of the Bay County Extension Office will teach a gardening class to inspire new gardening projects and teach you how to maintain your Florida landscape. Enjoy the outdoors in your garden!

***Healthy Lifestyles***

July 13, 2016, 2:00 p.m.

Learn about why exercise is good for your body and other tips for a healthy lifestyle from experts at the Florida Department of Health.

***Jazzercise***

July 27, 2016, 6:00 p.m.

Wear your workout clothes because we’re going to jazzercise with Karen Biedermann of Fusion Fitness Center!

The Bay County Public Library is located at 898 West 11<sup>th</sup> Street in Panama City. Please call 522-2107 or visit [www.nwrls.com](http://www.nwrls.com) for more information on this and other programs.

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