

# Health & Wellness @ your library

**Essential Oils: what are they and how do you use them**, with Kristi Henry  
Tuesday, January 5th, 6:00pm

**Massage for Therapy & Relaxation: coffee & conversation**, with Massage Therapists Madonna Duran & Emily Graber (Coffee from the Glass Bonsai)  
Wednesday, January 6th, 11:30am

**Power of Creative Energy: create a book dahlia & feed your creative side**,  
Saturday, January 9th, 2:00pm

**JCPL Cookbook Club: healthy recipes**,  
Monday, January 11th, 6:15pm

**Body, Mind and Soul: finding the healthy balance in all three**, with Pastor Paul VanCise  
Tuesday, January 12th, 6:00pm

**Arthritis & Exercise: the benefits and best practices to stay mobile with arthritis**, with Brian Ison from Jay County Hospital Rehab Facility  
Friday, January 15th, 1:30pm

**Exercise at Every Age: coffee & conversation**, with Trainer Dave and Jamie from the Jay Community Center (Coffee from the Glass Bonsai)  
Wednesday, January 20th, 11:30am

*All Events are at the Jay County Public Library in Portland, IN*



To help you start the New Year off on the right foot the Friends of Jay County Public Library will be giving pedometers away at each event, while supplies last.