

AUTHORSPEAK
WHERE READERS AND AUTHORS MEET!



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All Programs are free and open to the public.

NORWALK PUBLIC LIBRARY

JANUARY 2014 PROGRAMS FOR ADULTS!



The Norwalk Public Library is dedicated to free and equal access to information, knowledge, independent learning and the joy of reading for our diverse community, in a clean and welcoming environment.

ADULT PROGRAMS

Healthy Minds, Healthy Bodies

- **Healthy Resolutions: Easy to Make, Hard to Keep** with Theresa Argondezzi and Santina Galbo from the Norwalk Health Department, Thursdays at 6 pm in the Children's Activity Room beginning on January 9th with "Eat a Healthier diet", January 16th with "Reduce Stress/ Stay Positive", January 23rd with "Get Active" concluding on February 6th with "Maintain Healthy Behaviors".
- **Eliminating Foods That Cause Stress** with Dr. Constance Greene. Feel great and look great by beating stress naturally, Thursday, January 9 at 7 pm in the Main Auditorium.
- **How Body Composition Impacts Auto-immune Disease and Chronic Inflammation** with Dr. "Z". He will discuss autoimmune disorders and chronic inflammation on Thursday, January 16 at 7 pm in the Main Auditorium.
- **Zumba Classes** sponsored by FactSet, on Mondays at 5 pm for Children and Parents and 6 pm for Adults and Teens in the Main Auditorium.
- **Yoga Classes** sponsored by Pepperridge Farms on Wednesdays at 5 pm for Children and Parents and 6 pm for Adults and Teens in the Main Auditorium.

AuthorSpeak

- **Joanna M. Leone, "Slices of Life" Italian –American Stories** on Friday, January 17 at noon in the Main Auditorium. Joanna will talk about Italian-Americans who shared their memories about family, love, devotion, struggle, traditions, celebrations and romance. Lunch will be provided by the Library and Joanna will bring Italian cookies from a local bakery along with free bookmarks. Enjoy participating in this nostalgic hour. Copies of the book will be available for purchase or checkout from the Library.
- **Celebrate Book Groups with Europa Editions.** On Thursday, January 30 at noon in the Main Auditorium., invite your Book Group and join Europa Editions, Editor-in-Chief, Michael Reynolds as he discusses the authors and the works published by his company from around the world. Europa Editions was founded in 2005 to bring fresh voices to the American market and provide quality English editions of international literature.

Resolved to Write

I would Like to Write...
A Creative Writing Journey with
Leslie Kerr

Beginning Wednesday, January 15 at 3 pm in the Carnegie Room. Discover and develop your individual style, unleash your creativity and hone your skill from idea to finished work. The environment is positive, encouraging and most of all — creative and fun.

Affordable Care Workshop

Sheri McCready will lead a workshop on the Affordable Care Act on Thursday, January 9 at 7 pm in the Carnegie Room. The workshop will answer all of your questions and cover the basics of the Affordable Care Act and what it means to you.