



Keep Calm...it's Only Christmas!

Healthy Holiday De-stressing for Women Event

Wed. Dec. 10th 6-8pm

(LOBBY OPENS AT 5:00 - SHOP EARLY!)

Grab your girlfriends, your sisters and your mother and stop by the library for a night of de-stressing! Enjoy yoga, aromatherapy, massages, crafters, a purse swap and more!



On one side of the **Community Room**, try some chair yoga techniques to relax presented by **Graceful Action**. On the other side, there will be tips on preparing Healthy Holiday Meals by the **UW-Extension**. There will be 4-20 minute sessions at 6:00, 6:30, 7:00 and 7:30.



In the **storytime room**, **Mercy Health Systems** will be offering a presentation on coping with loneliness and loss during the holidays. There will be 4-20 minute sessions at 6:00, 6:30, 7:00 and 7:30.



Upstairs in the **Mary Bray Room**, there will be a **PURSE SWAP!** Bring a **GENTLY** used and cleaned purse to swap. Drop off your purse at the library on Mon. 8th, Tues. 9th or Wed. 10th and get a ticket to enter the swap!



Bring **cash, checks and credit cards** In the lobby, there will be crafters, Stampin Up, Usborne Books, Pampered Chef, Mary Kay and more! **Lobby opens at 5:00! Shop early!**



In the lobby, enjoy **5-minute chair massages** provided by **Jasmine Salon and Spa** in Lake Geneva.

