

Peabody Institute Library Awarded *Fit for Life* Grant

The Peabody Institute Library is pleased to be one of 17 library systems in the nation awarded a *Fit for Life* Grant by *Libraries for the Future* and the *MetLife Foundation*. With the \$12,000 grant, the library will offer *Active PBD*, a series of free public programs that address mind, body and community health; and purchase additional materials for the library's health collection.

Inside this newsletter, you will find an event calendar for the *Active PBD* program. Expect to find something for everyone. From lectures by medical professionals to Latin Dance classes, *Active PBD* promises to be both informative and fun!

Events will be held at the Main Library, as well as the South and West Branch Libraries.



For more event information, please register for the library's Adult Services Programs E-Newsletter.

To register, please email unger@noblenet.org. The email should include your name and email address. The subject of the message should be : e-newsletter."

We look forward to seeing you at our upcoming events!

ActivePBD Website Offers Additional *Fit for Life* Resources

As part of the library's *Active PBD* series, program participants may find additional resources available on the *Active PBD* webpage at <http://www.peabodylibrary.org/activepbd>.

The website includes event listings, recommended books and internet resources, and photos from *Active PBD* events.

The *Active PBD* website is your source for informa-

tion about mind, body and community health; as well as the best place to find out about additional program offerings for all ages.

January—December
2009

The Peabody Institute Libraries



Main Library
82 Main Street
978-531-0100



South Branch Library
78 Lynn Street
978-531-3380



West Branch Library
603 Lowell Street
978-535-3354

Active PBD Event Schedule

The following programs will be held at the Main Library. Please be advised that all events require registration. For more information and to register, call 978-531-0100 x10. To register online go to <http://www.peabodylibrary.org/adults/registration.html>.

Latin Dance Class

January 13th at 7 p.m.

Taught by Greg Coles Dance and Drum, this lively class is perfect for beginners.

Eat Locally with Community Supported Agriculture (CSA)

January 28th at 7 p.m.

Andrew Rodgers, farm manager of Green Meadows Farm in Hamilton, MA, will speak about the CSA farming model.

The Chinese Healing Arts of Taijiiquan and Qigong

February 9th at 7 p.m.

Lisa Kirshon will lead this class that emphasizes mind-body health.



Dr. Ruth Nemzoff, Author of *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Your Adult Children*

February 23rd at 7 p.m.

Dr. Ruth Nemzoff will discuss her book and present helpful information about relationships with your adult children.

Creative Feast: Cooking with Whole Foods

March 9th at 6:30 p.m.

Join chef, Liz Barbour, for a whole foods cooking demonstration.

Latin Dance Class

March 24th at 7 p.m.

Taught by Greg Coles Dance and Drum, this lively class is perfect for beginners.

De-clutter Your Life!

April 8th at 7 p.m.

Get organized with Maxine Gautier from *Out from Under Professional Organizing*.

Meditation Class

May 11th at 7 p.m.

Studio Om's Saskia Bergmans will lead this introduction to meditation.

Feng Shui Lecture

May 18th at 7 p.m.

Warren Brandmaier, of *The Institute of Feng Shui & Geopathology* will discuss the basic principles of Feng Shui.

Medical Advocacy

June 8th at 7 p.m.

Hospice of the North Shore presents this lecture that will teach you how to advocate for yourself and your loved ones.

Active PBD Event Schedule continued...

Discover Your Massachusetts State Parks

June 15th at 7 p.m.

Looking for a great place to get outside? Lynn Hildenbrand, of the MA DCR, will provide information about some beautiful MA state parks.

Adult Caregiving

October 6th at 7 p.m.

Presented by Hospice of the North Shore, this lecture will address the rewards and challenges of adult caregiving.

De-stress for the Holidays!

November 10th at 7 p.m.

Beverly Hospital presents this informative stress management program.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”
~John Fitzgerald Kennedy

Active PBD at the Branch Libraries

The following programs will be held at the Branch Libraries. Please be advised that all events require registration. To register, call the Branch where the program will be held.
South Branch Library: 978-531-3380 West Branch Library: 978-535-3354

Keep Your Heart Healthy

May 12th at 7 p.m.

WEST BRANCH LIBRARY

Beverly Hospital presents this informative lecture about heart health.

Cognitive Fitness

March 5th at 7 p.m.

SOUTH BRANCH LIBRARY

Learn how to keep your brain

healthy throughout your life. Presented by the North Shore Medical Center.

Eating Healthy for You and Your Family

September 15th at 7 p.m.

SOUTH BRANCH LIBRARY

This Beverly Hospital presentation will teach you how to eat right for better health.

Reiki

September 22nd at 7 p.m.

WEST BRANCH LIBRARY

Karen Pischke, Reiki Master, will present this introduction to Reiki.



Activities for Teens

Self Defense Workshop January 31 from 1-4 p.m.

This one day, three hour workshop helps youth (ages 11-18) respond to potentially dangerous situations.

Students will be taught by IMPACT Boston to avoid altercations, resist intimidation, assert themselves in the face of peer pressure and escape potential assaults. They are also taught how to report dangerous situations to a safe adult.

Scenarios focus on issues relevant to the lives of youth, such as bullying, sexual violence, increasing independence from parents and teachers, dating issues and peer pressure.

This class is taught in a fun, interactive environment.

Class size is limited and permission slips are required, so stop by the Young Adult Room at the Main Library for forms and more information.

Capoeira Workshop Monday, March 16th 7pm at the Main Library

Capoeira is a Brazilian art form that combines movement from martial arts, games and dance. The workshop will include a capoeira demonstration and instruction. This class will be taught by Rodrigo Gones of Cais da Behia.

Watch the *Wicked Active PBD Teens* website (www.peabodylibrary.org/activepbd/teens.html) for other programs, including:

- Babysitting and CPR training
- Earn-a-bike
- Love Your Body Day
- Active Gaming



Fitness = Fun @ Peabody Institute Library, Children's Room

UPCOMING PROGRAMS INCLUDE:

Children's Yoga
Freestyle Frisbee
Hula Hoop Workshop
Double Dutch Jump
Rope

... and more ...

