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FOR IMMEDIATE RELEASE

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New “Get Healthy, Get Happy” Program at the Travelers Rest Library

Greenville, SC – Come to the **Travelers Rest (Sargent) Library every Saturday in May at 10:00a** for the new **Get Healthy, Get Happy** series of events. Learn the essentials of living well with discussions that encourage healthy eating, plus fun (and affordable!) exercise tips, and get to know the appropriate dress style for your body type. This series is specially designed for those who are just beginning their fitness journey. All ages welcome – bring your whole family! **Call 834-3650 for more information.**

May 2: Eating Well

Hear the story of a local home economics teacher who lost over 100 pounds and hear about the basics of eating well.

May 9: In Shape

A representative from the YWCA will demonstrate some basic exercises that you can do each day to slowly get in shape, including ones that can be done from a chair.

May 16: Outdoors

A representative from the Greenville County Recreation Department will talk about parks, trails and other outdoor exercise opportunities in the area.

May 23: Dress up!

In this final program, learn how to dress most appropriately for your body type. Call 834-3650 for more information.

The Travelers Rest (Sargent) Library is located at 17 Center St, Travelers Rest, SC 29690.

About the Greenville County Library System:

Founded in 1921, the Greenville County Library System operates 11 facilities, a bookmobile, and a website that provide information, materials, and engaging programs delivered with world-class technology and a customer-centric approach. The Library System offers free access to resources

and experiences and continually strives to be the community's destination of choice for exploring the world. For more information, visit the Library's website at www.greenvillelibrary.org.

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