



# New Year, New You

## SUPPLEMENTS 101: NUTRITION FOR WHOLE BODY SUPPORT

Would you like more energy, vitality and immune support for your body? Join Stacy Quasebarth, essential oils consultant, to learn how essential oils infused supplements can deliver!

*Please register.*

### Adults

Clark Pleasant Branch Wed Jan. 2 6-7 p.m.

## READ & BLEED @ YOUR LIBRARY

Give the gift of life! Roll up your sleeve while you read. All blood types are urgently needed. Donors will receive a long-sleeve holiday t-shirt. Refreshments will be provided. *To schedule an appointment, call 1-800-733-2767 or visit [redcross.org](http://redcross.org).*

### Teens & Adults (ages 17+)

Franklin Branch Thu Jan. 3 2-6 p.m.

## NEW YEAR, NEW TECHNOLOGY

### Device Drop In

If you received a new tech gadget for Christmas and don't quite know how to use it, visit the library! We can teach you the basics of your device as well as show you some of the awesome resources the library has to offer.

### Adults

Trafalgar Branch Tue Jan. 8 6-7 p.m.

### Virtual Reality

If you've ever wanted to give virtual reality a try, here's your chance.

### Teens & Adults

Trafalgar Branch Tue Jan. 29 6-7 p.m.

## ENVISION 2019

Start 2019 inspired by creating a vision board. A vision board helps keep you on track with your hopes, dreams and goals for the new year. *Please register.*

### Adults

Trafalgar Branch Thu Jan. 10 6-7 p.m.

## BUNNY YOGA

Practice beginner's yoga with adorable bunnies from Tagalong Farms and Studio You Yoga in Franklin. This class has a \$5/person fee. Please bring a mat. *Please register.*

### Teens & Adults

Franklin Branch Sat Jan. 12 2 p.m.

## SMALL MOVEMENTS MAKE BIG CHANGES

Sick of only feeling motivated on January 1 and then feeling defeated in a few weeks? Ditch the unattainable goals and learn about how to make goals that can lead to big changes. Danielle Dennis, Purdue Extension, will discuss your "why" and how you have the power to take control of your life. *Please register.*

### Adults

Clark Pleasant Branch Tue Jan. 15 5-6 p.m.

## MAKE A BLANKET, COMFORT A CHILD

Learn how to become a "blanketeer" with Project Linus, which provides blankets to children who need a sense of security, warmth and comfort due to an illness or traumatic event. Project Linus coordinator, Jeannie Brammeier, will share how you can get involved. Work together to make several no-sew blankets that will be donated to the project. All materials will be provided. *Please register.*

### Teens & Adults

White River Branch Wed Jan. 23 6:30-8 p.m.

## SELF-DEFENSE FOR WOMEN

No victim ever expects to be one. Rose Myers, Pilsung Martial Arts, will demonstrate how to avoid being a target, how to escape common physical situations, overcoming your body's natural response and how to actively defend yourself. Learn some techniques. Leave empowered! Note: adult topics will be discussed. Parental discretion advised. *Please register.*

### Teens & Adults

Clark Pleasant Branch Mon Jan. 28 6-8 p.m.

## CHANGING LIVES THROUGH FOSTER CARE AND ADOPTION

Emily Beerbower, Johnson County's Adoption Champion for the Indiana Department of Child Services, will share about the Indiana Adoption Program, including foster care, the need for adoptive homes, the adoption process and the needs of children waiting to be adopted. Learn how you can make a difference in a child's life! *Please register.*

### Adults

White River Branch Mon Jan. 28 6:30-8 p.m.