

FOR IMMEDIATE RELEASE

Contact: Library Staff 336.883.3660

UPCOMING PROGRAMS AT THE HIGH POINT PUBLIC LIBRARY

HIGH POINT, N.C. (March 7, 2019) – The High Point Public Library will host several events in the weeks ahead. Programs and activities include:

- *Celtic Harp Musical Performance: Saturday, March 9, 11 a.m. – noon*
Enjoy this timely selection of Celtic music, presented by Michael Connors, just in time for St. Patrick's Day.
- *Flowerpot Food: Wednesday, March 20, 6 – 7:30 p.m.*
This session will cover the basics of container gardening – location, timing, planning and tending. Presented by the NC Extension Services Master Gardener Volunteers.
- *Health Screenings and Ask the Dietician: Tuesday, March 26, 10 a.m. – 1 p.m.*
The High Point University School of Pharmacy will provide free blood pressure, glucose, weight and BMI screenings. In support of National Nutrition Month, registered dietician Janet Mayer of Guilford County Health and Human Services will provide nutritional materials and answer questions about healthy eating.
- *Let's Talk Nutrition Lunch & Learn: Wednesday, March 27, Noon*
In support of National Nutrition Month, this event will discuss promoting a healthy eating lifestyle and how food affects energy levels and concentration. Registration is required. Please contact Maxine Days at 336.883.3646.

All events are free and open to the public. For more information, please contact Library Staff at 336.883.3660.

The High Point Public Library is a department of the City of High Point and is located at 901 North Main Street. High Point Public Library is committed to nurturing the joy of reading, sharing the power of knowledge, strengthening the sense of community and enhancing economic and cultural vitality.

The City of High Point aims to serve as the catalyst for bringing together the community's human, economic and civic resources for the purpose of creating the single most livable, safe and prosperous community in America. For more information on the City, visit www.highpointnc.gov.

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