

FOR IMMEDIATE RELEASE

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HIGH POINT PUBLIC LIBRARY HOSTS SOCIAL MINDFULNESS DISCUSSION

HIGH POINT, N.C. (May 24, 2021) – The High Point Public Library is hosting a discussion about social mindfulness with Julie Caroline, an Ayurveda Counselor, on Thursday, May 27, 2021, from 5 - 6:45 p.m. at the High Point Public Library Arts and Entertainment Plaza, 901 North Main St.

Caroline's special interest is Hatha Yoga, meditation and other self-care practices. She has worked with people of various age levels and backgrounds to help them find wholeness and balance. Activities will also include a variety of games, mandala coloring and door prizes.

This outdoor event is free and open to the public.

For more information, contact Maxine Days at 336.883.3646/ maxine.days@highpointnc.gov or Audrey Dighe (336) 883.3512 audrey.dighe@highpointnc.gov.

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.