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CITY OF PALMDALE
NEWS RELEASE

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DATE: June 24, 2014

Free Anger Management Classes at the Palmdale Library

PALMDALE – The Palmdale City Library will host anger management classes on July 7 and July 14 from 6 to 8 pm at the Library, located at 700 E. Palmdale Blvd.

The classes will be led by Bill Baldrich, a certified anger management instructor and follower of the Steve Wolf method for anger management. No registration is necessary.

“If you’re constantly frustrated and you feel like you need to control your emotions better, you can learn how reduce your anger, discover where it comes from, and deal better with setbacks at these helpful classes,” said Palmdale Library Director Thomas Vose.

The Palmdale City Library is open seven days a week. Hours of operation are Monday through Thursday from 10 am to 8 pm; Friday and Saturday from 10 am to 5 pm; and Sunday from 1 to 5 pm.

For more information, please call the Palmdale City Library at 661/267-5600 or TDD 267-5167, or visit www.cityofpalmdale.org/library.

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