

FOR IMMEDIATE RELEASE
CITY OF PALMDALE
NEWS RELEASE

CONTACT: John Mlynar
PHONE: 661/267-5115
DATE: May 18, 2015

Palmdale City Library to host Self-Esteem Development Class Tomorrow

PALMDALE – The Palmdale City Library will host a free class entitled “How to Revamp Your Self-Esteem and Confidence” tomorrow, Tuesday, May 19 at 6 pm at the Library, located at 700 E. Palmdale Blvd.

The class will cover what causes self-doubt, as well as practical strategies to boost confidence, facing up to fears, and how to understand and trust yourself more.

Leading the class will be Dr. Jacinta M. Mpalyenkana, Ph.D, a counselor/certified success coach, published author and professional speaker. She is also the founder of the Global Worry-Free Day, which began March 1, 2014; and the co-founder of the “Something Warm Project,” which gathers clothes and other warm materials for the homeless in the winter.

“We’re glad to be able to provide this class, courtesy of Dr. Mpalyenkana!” said 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.