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CITY OF PALMDALE

NEWS RELEASE

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Self-Esteem Class Returns to the Palmdale City Library

PALMDALE – The Palmdale City Library will host a free class entitled “How to Revamp Your Self-Esteem and Confidence” on Tuesday, July 14 at 6 pm at the Library, located at 700 E. Palmdale Blvd.

The class, geared towards women in need of a confidence boost, will cover what causes self-doubt, as well as practical strategies to boost confidence, face up to fears, and increase self-trust.

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.

“Dr. Mpalyenkana has been a great source of help for this community,” said Library Director Thomas Vose. “We’re glad to have her out again to give the benefit of her wisdom.”

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.