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CITY OF PALMDALE

NEWS RELEASE

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Palmdale City Library to Host Stress Management Seminar

PALMDALE – The Palmdale City Library will host a free seminar on how to recognize and cope with stress on Wednesday, Oct. 7 at 6 pm at the Library, located at 700 E. Palmdale Blvd.

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.

“Feeling stressed out?” asked Library Director Thomas Vose. “Check out this free seminar which will offer helpful tips and information on dealing with stress. We greatly appreciate Dr. Mpalyenkana coming out to share her knowledge with our patrons.”

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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