



**From: Kelli Williams, Chief Communications Officer
City of Bartlesville**

Date: December 21, 2016

For release: Dec. 25, 2016 and/or Jan. 1, 2017

REVISED VERSION

Health and wellness classes kick off in January at public library

Whether paying better attention to your health is a New Year's resolution or just part of your ongoing health and wellness plan, the Bartlesville Public Library has you covered. Topics ranging from loving your life more to cooking healthier in the New Year will be featured in the BPL health and wellness series in January.

The first of the January classes aimed at improved health and wellness will feature Ashely Burson, Wellness and Aquatic specialist and coordinator at Phillips 66, who will speak on "Loving Yourself, Love Your Day and Love Your Life" at noon on Jan. 5.

Burson will also kick off her second series of REFIT exercise classes Wednesday nights from 5:30 p.m. to 6:30 p.m. in the Library's upstairs meeting room. REFIT classes are scheduled for Jan. 18 and 25 and will continue on into February. REFIT combines several elements of fitness into one power-packed hour. While the focus is structured around cardio dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will challenge both fitness enthusiasts and welcome beginners.

Jan. 17, 2017 marks the first of six programs aimed at healthy cooking, with local fitness trainer Josh Wright. Wright will teach the basics of Paleo, Zone, carb backing, food timing and Slow Carb dieting, as well as intermittent fasting. Class-goers will also learn how to prep a week's worth of meals in less than an hour. The classes will be held on from 6-7:30 p.m. on Tuesdays, Jan. 17, Feb. 21, March 21, April 18 and May 16.

The health and wellness series is made possible through grant funding, according to BPL Literacy Coordinator Karen Kerr-McGraw.

“Through a special grant, we have been able to offer vital health classes for a second year at no cost to the public,” said Kerr-McGraw. “We have a great lineup of free classes scheduled through June 2017.”

Financial assistance for this special project is made possible with federal funds from the Institute of Museum and Library Services administered through the Oklahoma Department of Libraries.

To learn more about these and other upcoming free health programs at the library, contact Kerr-McGraw at literacy@bartlesville.lib.ok.us or 918.338.4179.