

HEALTH & HAPPINESS @ YOUR LIBRARY

WEDNESDAY, FEBRUARY 23, 2011

1:30 - 4 p.m.

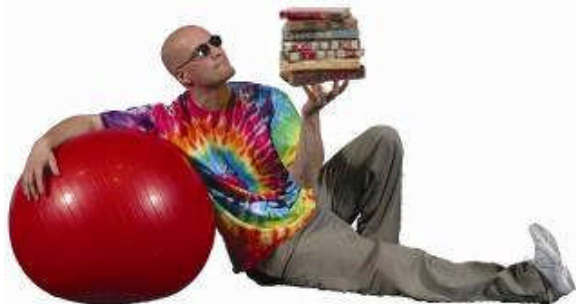
Featuring **ROBERT RIVEST**,

Comic Mime, presenting

LAUGHTER IS THE BEST MEDICINE

2:00 ~ 3:00 p.m.

a collection of humorous and
heart-warming stories!



and **THE JOY OF MOVEMENT**

3:00 ~ 4:00 p.m.

Featuring local movement specialists sharing elements of their programs with children and their families including:
Katy Brunault of the Hamilton~Wenham School of Dance,
Mark Warner of the Professional Martial Arts Academy,
Katy O'Brien of Peace Kids Yoga, and
Paul Mahoney of Great Bay Tai Chi!



and **Create & Enjoy Healthy Snacks! 1:30-4 p.m.**

Offered to the public at no charge. No registration necessary.

HAMILTON-WENHAM PUBLIC LIBRARY
14 Union Street, Hamilton, MA 01920
978-468-5577
www.hwlibrary.org

