



Effingham Public Library  
200 N. Third St. | Effingham, Illinois 62401  
P: 217.342.2464 | F: 217.342.2413 | W: [www.effinghamlibrary.org](http://www.effinghamlibrary.org)

## **PRESS RELEASE**

Date: Tuesday, Jan. 14, 2020

For further information contact Catherine Bailey

### **Learn to Reduce Stress at the Suzette Brumleve Memorial Effingham Public Library**

The Suzette Brumleve Memorial Effingham Public Library is pleased to partner with certified yoga instructor, Kelly Willenborg, as she shares how to reduce stress through yoga, Thursday, Feb. 20 at 6 p.m. in the Workman Room.

According to the Mayo Clinic yoga can be helpful to reducing stress. "A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being."

Go online to [effinghamlibrary.org](http://effinghamlibrary.org) or call 217-342-2464 x. 1 to register to attend this free event.

For more information, contact Catherine Bailey, Programming Outreach Manager at 217-342-2464 or [catherine@effinghamlibrary.org](mailto:catherine@effinghamlibrary.org).

###