



## NEWS RELEASE

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**Contact: Libraries**

[Eric Curry](#), Communications Specialist, 919-856-7550

Communications Office After Hours, 919-857-WAKE

[wakegov.com/news](http://wakegov.com/news)

Dec. 30, 2016

### New Year, New You Programs at Wake County Libraries

**Healthy Changes**

Kick off the new year by building healthier habits for the mind, body and soul by signing up for workshops led by professional life and wellness coaches. Call your closest library branch to pre-register.

Date	Location	Contact
Jan. 3, 6:30 p.m.	<a href="#">Cameron Village Regional</a>	919-856-6710
Jan. 15, 3 p.m.	<a href="#">West Regional</a>	919-463-8500
Jan. 17, 2 p.m.	<a href="#">North Regional</a>	919-870-4000
Jan. 19, 11 a.m.	<a href="#">Northeast Regional</a>	919-570-7166
Jan. 24, 7 p.m.	<a href="#">Southeast Regional</a>	919-662-2250
Jan. 29, 2 p.m.	<a href="#">Eva Perry Regional</a>	919-387-2100
Jan. 31, 7 p.m.	<a href="#">East Regional</a>	919-217-5300

**Getting Your Resume Out of the Black Hole**

If you're having a tough time getting responses from potential employers, you may need to refresh your resume. Certified Professional Resume Writer and Career Consultant Sarah Williams can guide you through the steps to improve your chances of landing that desired job in the new year. Registration is required.

Date	Location	Contact
Jan. 4, 7 p.m.	<a href="#">Southeast Regional</a>	919-662-2250
Jan. 5, 6:30 p.m.	<a href="#">West Regional</a>	919-463-8500
Jan. 9, 6:30 p.m.	<a href="#">Cameron Village Regional</a>	919-856-6710
Jan. 11, 7 p.m.	<a href="#">East Regional</a>	919-217-5300
Jan. 17, 6:30 p.m.	<a href="#">North Regional</a>	919-870-4000
Jan. 25, 6:30 p.m.	<a href="#">Northeast Regional</a>	919-570-7166

Jan. 31, 6:30 p.m.	<a href="#">Eva Perry Regional</a>	919-387-2100
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### Yoga for Beginners

Try the art of yoga, and give your body and mind a healthy kick-start for the new year. Local yoga instructors will present an introductory class promoting overall well-being. Registration is requested.

Date	Location	Contact
Jan. 6, 10:30 a.m.	<a href="#">Northeast Regional</a>	919-570-7166
Jan. 8, 2 p.m.	<a href="#">East Regional</a>	919-217-5300
Jan. 9, 10:30 a.m.	<a href="#">Eva Perry Regional</a>	919-387-2100
Jan. 13, 10:30 a.m.	<a href="#">Cameron Village Regional</a>	919-856-6710
Jan. 14, at 11:30 a.m.	<a href="#">West Regional</a>	919-463-8500
Mon., Jan. 23, at 3 p.m.	<a href="#">Southeast Regional</a>	919-662-2250
Jan. 26, at 10 a.m.	<a href="#">North Regional</a>	919-870-4000

### ACT/SAT Information Sessions

High school students are encouraged to register for a free college preparatory seminar presented by [A Plus Test Prep](#). Parents and students will gain valuable information about core differences between the ACT and SAT tests, how to choose which test to take and scholarship information. Sample questions and resources to effectively prepare for the tests will be shared. Register today as seats are limited.

Date	Location	Contact
Jan. 8, 2 p.m.	<a href="#">North Regional</a>	919-870-4000
Jan. 9, 6:30 p.m.	<a href="#">Northeast Regional</a>	919-570-7166
Jan. 10, 7 p.m.	<a href="#">Southeast Regional</a>	919-662-2250
Jan. 11, 6:30 p.m.	<a href="#">West Regional</a>	919-463-8500
Jan. 23, 6:30 p.m.	<a href="#">Cameron Village Regional</a>	919-856-6710
Jan. 24, 6:30 p.m.	<a href="#">Eva Perry Regional</a>	919-387-2100
Jan. 26, 6:30 p.m.	<a href="#">East Regional</a>	919-217-5300

### Book Club Kits for Kids

Wake County Public Libraries is pleased to announce an expanded and improved Book Club Kits for Kids service.

The community is encouraged to take advantage of the perks that come with this enhanced service:

- Each kit includes 15 copies of the book, a sturdy bag and a book discussion guide.
- There are 30 titles from which to choose and five kits available for each title.
- Titles target kindergarteners through fifth graders and up.
- The online software KitKeeper allows members to request kits up to a year in advance, as well as place multiple requests.
  
- Kits may be checked out for six weeks.
- Members may suggest titles to be added to the collection of book club kits.

To reserve a kit, visit [www.wakegov.com/libraries/kitsforkids/Pages/default.aspx](http://www.wakegov.com/libraries/kitsforkids/Pages/default.aspx).

Patrons are encouraged to contact their nearest library branch or for more information, visit, [www.wakegov.com/libraries/events](http://www.wakegov.com/libraries/events).

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