



FOR IMMEDIATE RELEASE

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Library Offers “Teen De-Stress Fest”

New Braunfels, Texas — The New Braunfels Public Library will offer a special, free Teen De-Stress Fest program this Friday, December 20th, at 5:00 p.m. in the library’s meeting room. This event, scheduled to coincide with end of school finals, is intended help teens wind down from the stresses of school and get ready to enjoy their holiday break.

Therapy dogs from the library’s popular “Paws to Read” program will be on hand to help with “de-stressing.” Teens will also unwind with a short yoga session while listening to relaxing background music and calming herbal teas will be available. Finally, teens will make their own aromatherapy soap with the help of the library’s youth services staff.

“For the Teen De-Stress Fest, the library has taken popular elements from library programming, including therapy dogs from the ‘Paws to Read’ program, a yoga session (similar to what we offer twice a month), and a soap making craft,” said Library Director Gretchen Pruett. “We hope that with this program we will offer a healthy, calming way for teens to wind down from their exams.”

The Teen De-Stress Fest is made available through the support of *The Friends of the New Braunfels Public Library*. Teens may register online at <http://bit.ly/1fyi0sk> for this event or by calling 221-4300.

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