



FOR IMMEDIATE RELEASE

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**CONTACT: Toni Davenport, Adult Services Librarian
700 E. Common St.
New Braunfels, TX 78130
(830) 221-4300
tdavenport@nbtexas.org**

Happy for the Holidays at the New Braunfels Public Library

New Braunfels, TX – The New Braunfels Public Library is hosting a series of programs called “Happy for the Holidays” Monday, December 19th through Thursday, December 22nd.

“The holiday season can be stressful for many people,” commented Toni Davenport, Adult Services Librarian. “We want to give folks a break from their hectic days with fun things to do at the library.”

Monday December 19th from 4:30-5:30 p.m. - Coloring Therapy: Studies have shown that coloring helps adults relieve stress and helps with the brain’s ability to focus. In addition, coloring provides a time to explore the artistic side of oneself through a familiar format.

Tuesday December 20th from 4:30-5:30 p.m. - Therapy Dog Hour: Joining our Adult Services Librarian, Toni Davenport, will be a therapy dog, Sky. Sky and Toni have been a therapy dog team for a year and a half. They nursing home visits and participate in the Library’s Paws to Read Program. This hour is all about fun – everyone is invited to stop in and give Sky a little love or throw the toys around for her.

Wednesday December 21st from 4:30-5:30 p.m. - Laughter Yoga: Laughter Yoga is a great way to stretch, breathe more deeply and work those laughter muscles. It’s also a time to be a little silly and laugh with abandon! Never tried Laughter Yoga? Don’t worry – staff will guide you. All ages and physical abilities encouraged to attend.

Thursday December 22nd from 4:30-5:30 p.m. - DIY Paper Ornaments: Looking for a last minute gift? Feeling crafty, but don’t know where to start? Stop in and library staff will show you how to make ornaments from old books. They will provide supplies, as well.

All Happy for the Holidays programs are open to the public and no registration is necessary.

These programs are made possible with the support of The Friends of the New Braunfels Public Library.

For further information, contact Ms. Davenport at 830-221-4325.

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