



**FOR IMMEDIATE RELEASE**  
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**Wellness Wednesdays at the Library**

**New Braunfels, TX** - The New Braunfels Public Library is starting a new monthly program called Wellness Wednesdays. Wellness Wednesdays will occur on the third Wednesday of each month, from 4:30 p.m. to 5:30 p.m., at the main library location - 700 E. Common Street.

Each month the library will host a new fitness program for patrons to try. Scheduled to date:

- February 15th: Laughter Yoga
- March 15th: Tai Chi
- April 19th: Zumba
- May 17th: Kickboxing Basics

“The Library and Westside Community Center currently host a variety of fitness programs including yoga, Pilates, Zumba, line dancing and much more,” commented Toni Davenport, Adult Services Librarian. “Wellness Wednesdays will allow our patrons to explore even more fitness opportunities to see what piques their interests and fits their needs. These classes will also give people more ways to participate in the It’s Time Texas Community Challenge as well.”

All Wellness Wednesday programs are open to the public and no registration is necessary. To register for the It’s Time Texas Community Challenge – go to <https://itstimetexas.org/> and help your community win a grant from HEB to support an all-abilities park in New Braunfels.

These programs are made possible with the support of The Friends of the New Braunfels Public Library. For further information, contact the library at 830-221-4300.

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