

PRESS RELEASE

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For Immediate Release

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FREE ADULT PROGRAMS FOR ADULTS!

It's going to be a very busy January at the Woodbridge Public Library (WPL) with many fantastic FREE adult programs being offered. Here is the lineup of our calendar of events:

Registration for Literacy NJ's (<https://literacynj.org/>) FREE English as a Second Language (ESL) classes and conversation groups. Literacy NJ exists so all adults have the opportunity to read, write, and communicate effectively. Literacy NJ trains volunteer tutors to help adult learners and by supporting a network of literacy programs, including those at the libraries of Woodbridge Township.

In-person registration is required for Literacy NJ classes, and will be held on the following:

- Woodbridge Main Library - January 2: 6:00 - 8:00 pm
- Iselin Branch Library - January 3: 10:30 am - 12:30 pm
- Fords Branch Library - January 17: 10:30 am - 1
- Henry Inman Branch Library - January 17: 5:00 - 7:30 pm

January is National Hot Tea Month. To celebrate, we welcome you to learn more about your favorite hot beverage by attending "Tea 101" with Catherine Felegi (<https://cafelegi.wordpress.com/tag/catherine-felegi/>) on Thursday, January 10 7PM at the Iselin Branch Library. This program is

free and open to all, however, REGISTRATION IS REQUIRED. Please call 732-634-4450 register or visit <http://woodbridgelibrary.org/>

Start 2019 off right! Learn how to more incorporate nutritionally dense into your diet. Join Sue Rose, Vegetarian Lifestyle Coach for “Rev up your Day with Plant-Based Superfoods” on January 14 @ the Woodbridge Main Library @ 7:00 PM. This informative workshop is free and open to all. No registration is required,

On January 15 noted author and organizing humorist, Jamie Novak (<https://jamienovak.com/>) returns to the Woodbridge Main Library. She’ll be presenting “How to Break Up with Your Clutter” on @ 7:00 PM. Come hear her hilarious take on how to part with the things you no longer use. This program is free and open to all. No registration is required.

Do you feel stressed? Join us Thursday, January 24 at 7: 00 PM at the Woodbridge Main Library to kick of the New Year with tips from Dr. Ken Freedman (<https://www.freedmanchiropractic.com/nutritional-counseling/>). “Stress Management for Successful Living” is a free workshop which will allow you to discover what can be done to safeguard yourself and function better in today’s highly stressful world. No registration is needed.

Management Consultant Saumya Ganguly of Obligent Consulting (<http://obligent.com/>) will present “How to Use Alignable for Business” at our Fords Branch Library on January 29 @ 6:30 PM. This is the first seminar in our new Business Tuesdays series. Alignable is a new networking platform for small & medium business owners. It helps owners/managers of local businesses meet other business owners nearby. Companies can use it to build relationships and get recommendations and referrals. In this presentation business managers and owners will learn how to effectively utilize Alignable to grow their business in this "abundance economy."

All adult programs are free and open to all. For more information about special events @ WPL, please call 732-634-4450 or visit <http://woodbridgelibrary.org>

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