



# COUNTY OF YOLO

Office of the County Administrator

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**FOR IMMEDIATE RELEASE**  
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## **Active Older Adult Discussion Group March 8**

**(Woodland, CA)** – The Mary L. Stephens Davis Branch Library, located at 315 East 14th Street in Davis, welcomes all to the Active Older Adult Discussion Group on Thursday, March 8, 11:00 a.m. to 12:00 noon in the Blanchard Room.

The Active Older Adult Book group is an ongoing discussion group that meets regularly on the second Thursday of each month. On March 8, the group will share resources on aging. Participants are invited to bring materials they find helpful related to aging with good health and a positive attitude, including having a healthy body and lifestyle, an active mind and a positive attitude. These materials may include an article, book, movie, poem editorial, op-ed piece, newspaper column or letter to the editor.

No reservations are required. The Blanchard Room of the Mary L. Stephens Davis Branch Library is accessible for persons with disabilities. Presented by the Yolo County Library, all programs free. For more information, contact Joan Tuss (530)757-5588 or [joan.tuss@yolocounty.org](mailto:joan.tuss@yolocounty.org).

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