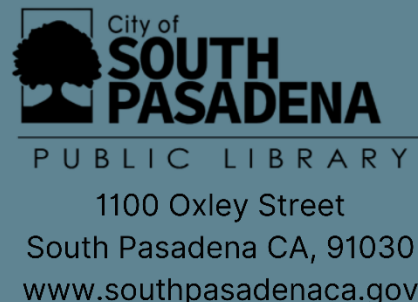




PRESS RELEASE



FOR IMMEDIATE RELEASE
August 15, 2024

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South Pasadena Public Library to Host Self-Care Awareness Month Event

South Pasadena (Calif.) – In celebration of Self-Care Awareness Month, the South Pasadena Public Library is excited to invite the community to a special event on September 17 at 6:00 p.m. in the Library Community Room, located at 1115 El Centro Street, South Pasadena, CA 91030. This free program is designed to promote emotional well-being and self-care practices for adults. Registration is required and can be completed at www.southpasadenaca.gov/register.

The evening will feature a workshop led by the Los Angeles County Department of Mental Health, focusing on emotional well-

being and wellness. Attendees will gain valuable insights into managing stress, enhancing mental health, and cultivating a balanced lifestyle.

In addition to the informative workshop, participants will have the opportunity to engage in a hands-on self-care activity by creating their own bath bombs. This creative session aims to provide a relaxing and enjoyable way for individuals to incorporate self-care into their routines.

This event is open to adults only and free of charge, with limited spaces requiring registration to secure a spot. For more information, please contact the South Pasadena Public Library at (626) 403-7330 or visit their website at www.southpasadenaca.gov/library.

The South Pasadena Public Library, located at 1100 Oxley Street in South Pasadena, offers information about its services and programs on its website. The Library is open Monday, Friday, and Saturday from 10:00 a.m. to 6:00 p.m., Tuesday,

Wednesday, and Thursday from 10:00 a.m. to 8:00 p.m., and Sunday from 1:00 p.m. to 5:00 p.m.

Upon request made no later than four (4) business days before the event, the City will provide a reasonable accommodation for a qualified person with a disability to have equal access to the event. Please call (626) 403-7312 or fill out the City's request form available at www.southpasadenaca.gov/ADA and email the form to Human Resources at HR@southpasadenaca.gov.

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