

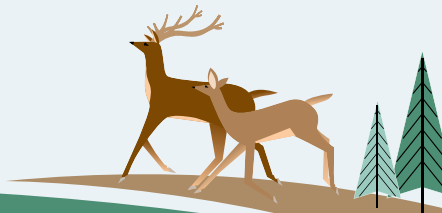


## Of Interest to Seniors

**Know Your Status: Liver Health and Hepatitis C**  
Featuring experts from CAREA Community Health.  
McLaughlin Branch, Local History Room  
Monday, January 15, 2:00 PM - 4:00 PM

**Courageous Conversations**  
Featuring Kelly Braun and Erin Sawyer from Ontario Shores  
Centre for Mental Health Sciences.  
McLaughlin Branch, Local History Room  
Wednesday, January 17 at 6:00 PM

**Beat the Winter Blues**  
Featuring Mireille Huneault from the Canadian Mental  
Health Association Durham.  
Legends Centre Branch  
Monday, January 29 at 7:00 PM



Turn over for more programs!  
Register online at [events.oshlib.ca](http://events.oshlib.ca) or call 905-579-6111

### Chinese Calligraphy

An introduction to the beautiful art of calligraphy.  
Jess Hann Branch, Saturday, February 3 at 2:00 PM

### Presenting the Honourable Jean Augustine

Featuring the Honourable Dr. Jean Augustine P.C., C.M., C.B.E.  
Northview Branch, Tuesday, February 5 at 7:00 PM

### Heart Health

Featuring Susan Edwards from the Heart and Stroke  
Foundation.  
Northview Branch, Monday, February 12 at 6:30 PM

### Hot Tea Month

Explore the fascinating history of tea and sample gourmet  
loose leaf teas with Honey and Tea Café.  
McLaughlin Branch, Lower Level Studio  
Wednesday, February 21 at 6:00 PM

### Potscaping

Featuring the Durham Master Gardeners.  
Jess Hann Branch,  
Tuesday February 27 at 6:00 PM

