



March



Adult Programs at **Library of the Smithfields**

Chair Yoga for Adults

in the MST Community & Cultural Center

11am, Saturday, March 2nd

11am, Saturday, March 16th

11am, Saturday, March 23rd

11am, Saturday, March 30th

(No class Sat., 03/09)

Middle Smithfield Township is bringing Chair Yoga and Movement to the Middle Smithfield! Join Luz for an eclectic mix of chair yoga and movement to help you stay healthy and well! No cost to join! Please bring water and a small towel. Dress to move

Nutrition Health Booth

Monday, March 11th, 9:00am – 1:00pm

Shopping and keeping healthy can be a struggle. This month we'll be looking at how to shop with nutrition in mind. The health booth is a collaborative effort with the PA Department of Health to raise and promote public health awareness! As well, this is also a great opportunity to speak with our PA Department of Health nurse and to ask your questions. No appointment necessary - drop in between 9am and 1pm.

Monthly Omnivorous Readers Book Club

Thursday, March 14th, 8:00pm-9:00pm via ZOOM

Rather than everyone reading the same book, each member reads a book of their choosing related to the month's theme and then discusses the book with the rest of the club. Call us at 570-223-1881 or email jvigorito@monroepl.org for more information.

CLOSED

Sunday, March 31st



Contact us!

Library of the Smithfields
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E. Stroudsburg, PA 18302

570-223-1881

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