



In the hectic pace of our daily lives it is often difficult to find the time to slow down, relax and unwind. This wellness series, brought to you by the City of Tavares Public Library, will assist you in meeting this goal.

*"Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it."*

~ Ray Bradbury

TAVARES PUBLIC LIBRARY



America's Seaplane City®

**City of Tavares Public Library**  
**314 N. New Hampshire Ave.**  
**Tavares, FL 32778**

Main Desk: (352) 742-6204

Youth Desk: (352) 742-6473

**Hours:**

Monday & Thursday

9:30 am-7 pm

Tuesday, Wednesday & Friday


9:30 am-6 pm


Saturday 9:30-5 pm

Closed Sunday

[www.tavares.org](http://www.tavares.org)

[www.mylakelibrary.org](http://www.mylakelibrary.org)

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*Relax and  
Unwind  
A Wellness Series*



**City of Tavares Public Library**  
**314 N. New Hampshire Ave.**  
**Tavares, FL 321778**

*Offline*  
is the  
new  
luxury

## The Offline Project

**Saturday, September 21 at 3 pm**

*unplug-connect-relax*

Disconnect from tech and digital overload. Swap screen time for real time. People of all ages are welcome to spend time with others of like mind. Enjoy light refreshments while playing a variety of board and card games. Make fun crafts, have a LEGO® build-off, write, recite poetry, put together a jigsaw puzzle, or simply find a quiet corner to read.

In a world  
of algorithms  
hashtags  
and followers,  
know the true importance  
of human connection.



## Quarterly Sound Bath

**Saturday, November 16 at 2:30 pm**

***CALL THE LIBRARY TO REGISTER***

A full body listening experience using gentle yet powerful sounds for relaxation and rejuvenation. Bring items for your comfort: a mat, beach lounger, blanket, and something for under your knees. Eye covering is optional. Arrive early to prepare your space. All mobility levels are welcome. Class led by Francis Eberhart, Certified Practitioner of Sound Healing, Trauma Informed Sound Therapy, and Vibrational Sound Therapy.

## Tai Chi for the Holidays

**Friday, December 6 at 10 am**

This class for seniors is a gentle, low-impact session designed to improve balance, flexibility, and relaxation. The class begins with a warm-up of joint rotations, light stretching, and deep breathing exercises to prepare the body. Simple, slow Tai Chi movements are then introduced, focusing on stability and mindfulness. Each movement is taught step-by-step, with modifications available for different abilities. The class concludes with a cool-down and brief relaxation or meditation, leaving participants feeling calm, centered, and rejuvenated. The atmosphere is supportive, with an emphasis on safety and gradual progress.

