

PERTH EAST PUBLIC LIBRARY PRESENTS:

SPRING SPEAKER SERIES

Join us for one or all of these informative community events!

All events will be held at the Perth East Public Library.

 Perth East
Public Library



Breathing Techniques Tuesday May 24, 2022 at 1pm

Mandi Layton offers a lesson in breathing techniques that can help with everything from pelvic floor health to mental clarity.

The Speakers



Mandi Layton
Salus Studio



Dorothy McKay
Ontario primary school
teacher



Renshi Becky
Schweitzer



Evelyn Mueller
The Lion's Tooth



Learning to read using Structured Literacy Saturday May 28, 2022 at 11am

Tips and techniques to help your child learn to read using "decodable books", letter sounds, spelling and patterns.



Self Defense Tuesday May 31, 2022 at 7pm

Learn to recognize a bad situation before it becomes worse and actively practice defenses against the 5 most common attacks. Space is limited and pre-registration is required. \$25 per person



Community Safety Tuesday June 7, 2022 at 1pm

Learn about everything from measures to protect yourself from fraud, driving issues, and theft prevention.



Bringing Herbs into Everyday Life Tuesday June 14, 2022 at 7pm

Review basic common herbs (wild and cultivated) and discuss some of their preparations, benefits and uses.



Constable Jillian Johnson, OPP



COMMUNITY
SAFETY SERVICES
Ontario Provincial Police



Perth East
Public Library

19 Mill Street East, Milverton 519-595-8395 www.pertheastpl.ca