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CITY OF KEARNEY **PRESS RELEASE** ***For Immediate Release***

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Simply Calm: Strategies for Sleep and Worry program at Kearney Public Library

Mark your calendars for Thursday, June 22 at 10:00 a.m., and join us at the Kearney Public Library for “Simply Calm: Strategies for Sleep and Worry.” Dr. Krista Fritson, Clinical Psychologist & UNK Psychology Professor will introduce strategies to calm your mind. Participants will learn and enjoy relaxation activities and ways to overcome anxiety and promote sleep and relaxation. There will be take-aways, resources, and opportunities for discussion about mental wellness. Please dress comfortably! This program is intended for ages 16 and up.

This event is sponsored by UNK Psychology, the Central Nebraska LOSS Team, the Behavioral Health Education Center of Nebraska (BHECN), and the Kearney Public Library.

Registration is required for this event. To register, please visit the library’s website, www.kearneylib.org and click on “Events and Bookings” to locate the event. Or, call the library at 308-233-3282 for assistance.

Check out our web site at www.cityofkearney.org.

We are sending this News Release as a service to the news media and citizens of Kearney.

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