

EGG DYEING WORKSHOP

(Limited to 15 participants)

Wednesday, March 25

1 - 4 p.m.

Library Multi-Purpose Room

Former USC Library staff member, Anna Orient, will teach us the centuries-old art of PYSANKY in which eggs are beautifully dyed using a wax-resistant process like batik.

(Bring your own eggs)

UNDERSTANDING FIBROMYALGIA

A Holistic Approach to Pain & Fatigue

Thursday, March 26

7 - 8:30 p.m.

Library Multi-Purpose Room

Dr. Kevin Smith, of Advanced Chiropractic, will discuss non-drug approaches to dealing with fibromyalgia and chronic fatigue syndrome. Common causes, current scientific research, and natural methods to reduce or eliminate these illnesses will be discussed. A question and answer period will follow the presentation.

To register for these programs, please call the library at 412.835.5540.