

# imagine**if** LIBRARIES

Bigfork | Columbia Falls | Kalispell | Marion

FOR IMMEDIATE RELEASE  
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## Explore (well)Being This Winter with ImagineIF Libraries

*Kalispell, MT* – This December through February, ImagineIF will help you get closer to the state of well-being. Whether it's pampering yourself, increasing your physical fitness or setting your soul soaring, we've got you covered. (well)Being for the mind, body and spirit. The multi-month themes offered by ImagineIF are designed especially for adults, although teens and children often enjoy the activities too.

### Relaxation Station

Holidays got you stressed? Come in and color a giant mandala, drink a cup of tea, take a deep breath. You are going to make it. Take a little something with you to help you keep calm.

- ImagineIF Kalispell: December 7-26
- ImagineIF Columbia Falls: December 8-26
- ImagineIF Bigfork: December 15-19

### Feasible Fitness

Ready to take on a new exercise routine but can't afford to go to the gym? No worries, check out our "gym," a few simple household items and ideas to get you feeling fit. No membership required.

- ImagineIF Kalispell: January 4-30
- ImagineIF Columbia Falls: January 5-30
- ImagineIF Bigfork: January 5-9

### Dear Desk

What are you grateful for? A smile from a stranger, a hug from a friend? Share what you're thankful for and place it in the desks around the library. Or have a seat and read what others are thinking. Add a moment of appreciation to your day.

- ImagineIF Columbia Falls and ImagineIF Kalispell: January 19-30

### Labyrinth

Walk your way to a peaceful mind with simple labyrinths set up in our libraries. See how you too can create one at home and find an easy path to a meditative state.

- ImagineIF Kalispell: February 8-27
- ImagineIF Bigfork and ImagineIF Columbia Falls: February 9-27

The above programs are open to all ages, but are especially intended for adults and teens. Following are additional (well)Being: Mini programs especially for children.

### Calming Cairns

Try your hand at the meditative act of balance and build a cairn with our colorful stacking blocks. Cairn building is great for fun, relaxation and focus. Appropriate for grades K-6.

- ImagineIF Kalispell: December 7-12
- ImagineIF Bigfork and ImagineIF Columbia Falls: December 14-19

(well)Being is part of the ongoing experiential, hands-on programs offered by ImagineIF Libraries. Past programs have explored themes such as motion, home, weaving, homebrewing, survival, chickens and DIY home cleaning products.

ImagineIF Libraries encourage exploration, fresh ideas and self-discovery. ImagineIF offers activities and services for all ages. For more information, visit [www.imagineiflibraries.org](http://www.imagineiflibraries.org).

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