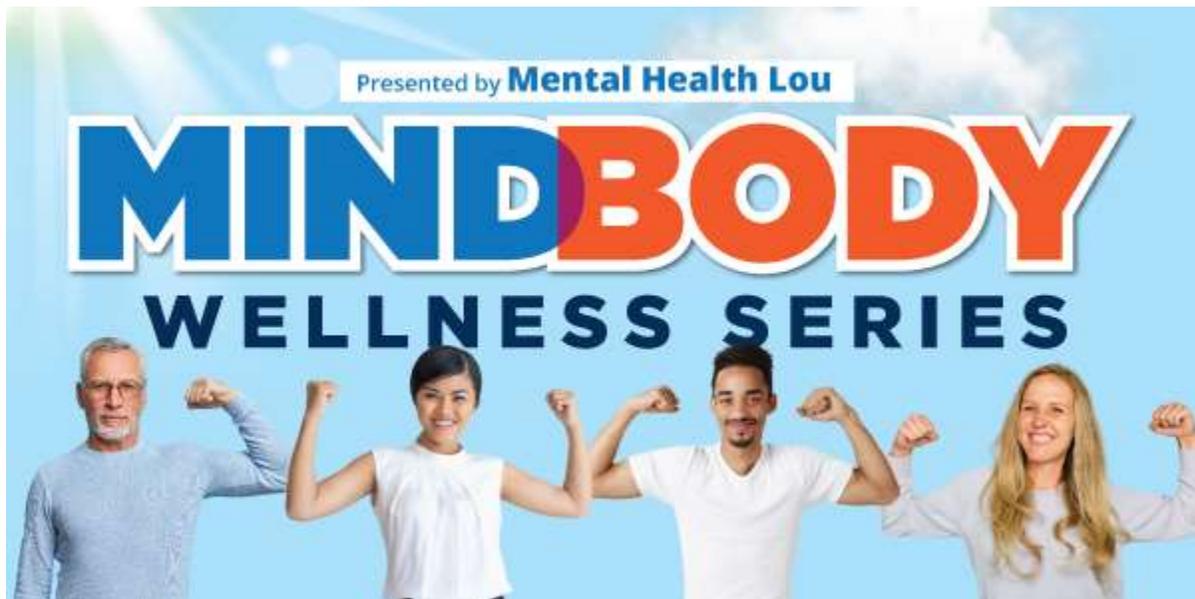


# NEWS RELEASE

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## **LFPL partners with Mental Health Lou to offer *Mind-Body Wellness* series at six library locations**



**LOUISVILLE, Ky. (March 1, 2023)** – Thanks to a partnership with Mental Health Lou, the Louisville Free Public Library (LFPL) will offer free workshops for adults focused on mental health and wellness starting in March. The [Mind-Body Wellness Series](#) is a 4-part series that focuses on the ways in which our thoughts, feelings, and beliefs can positively or negatively impact our bodies, and vice versa. Taught by licensed experts from Mental Health Lou's partner groups and providers, the series will be offered at six library locations: Southwest, Northeast, Newburg, Main, Western, and Bon Air.

"Mental health care starts in our homes and communities, which is why we're excited to partner with LFPL on this pilot program, to bring mental health out of the office and into more public spaces," says Amanda Villaveces, LMFT, director of Mental Health Lou.

Licensed Professional Clinical Counselor Kayla Renteria, who will be participating in the series adds, "as a trauma professional, I know that healing requires working with the body, too, not just the brain. I hope to share my knowledge about yoga and mental health to help others learn how to feel at home in their bodies."

Each workshop in the series addresses a different topic:

- **Discovering the Mind-Body Connection:** Learn ways to identify and connect feelings, thoughts and somatic responses and develop tools to help manage stress, anxiety, depression and more.
- **Movement & Mental Health:** Explore the impact of movement on your mental health by using yogic practices and breathing techniques as a means of self-care – deepening your connection with your body.
- **Practical Mindfulness for Stress Management:** Learn basic tools to help identify stressors and implement Mindfulness techniques to manage/decrease stress response. This will be an experiential workshop that focuses on skill building of stress management tools.
- **Taking Charge of Your Wellbeing:** Begin developing a realistic and easily executable self-care plan with the help of a mental health therapist.

Kammaleathahh Livingstone, founder and director of Tip it Forward, an organization providing trauma-informed whole health care to underserved individuals and one of the presenters says, “We are excited to participate in this Mental Health Lou series and believe it is a great resource for Louisville residents to learn and cultivate strategies for self-care.”

"Accessibility is a significant barrier to holistic health practices. Mental Health Lou and the Library have helped us create access to wellness practices not readily available throughout our community," adds Nicole Bartlett, owner Louisville Salt Cave. "It allows us to work through an existing network dedicated to education and health to share our expertise. I am so grateful for this collaboration."

#### **Mind-Body Wellness Series Schedule**

Saturdays in March, 11 a.m. - [Southwest Regional Library](#)

Tuesdays in March, 12:30 p.m. - [Northeast Regional Library](#)

Mondays in April, 6 p.m. - [Main Library](#)

Tuesdays in April, 6 p.m. - [Newburg Library](#)

Tuesdays, May 9 -30, 6 p.m. - [Western Library](#)

Wednesdays, May 10-31, 6 p.m. - [Bon Air Library](#)

Mental Health Lou is a collaboration between mental health practitioners, non-profit groups, agencies and community members to promote mental wellness in Louisville by increasing access to mental health services and decreasing stigma through education. The Mind-Body Wellness series at the Library is free for adults. For more information, visit [LFPL.org/MentalHealthLou](http://LFPL.org/MentalHealthLou).

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*Louisville Free Public Library connects the residents of Louisville and Jefferson County to knowledge and information at our library locations and online at [LFPL.org](http://LFPL.org).*

The Library – at the crossroads of knowledge and know-how. Visit [www.LFPL.org](http://www.LFPL.org) to learn more.