

Murrieta Public Library

Adult Programs Fall/Winter 2016

8 Town Square, Murrieta, CA 92562 (951) 304-2665 www.murrietalibrary.info

Raising Healthy Kids

with Dr. Chris Boman

Tuesday

September 27, 6:00 PM

Adults

Get general tips for holistic parenting and learn the best techniques for optimal health in your children.



Essential Oils 101

with Denise Grandi

Tuesday

October 11, 6:00 PM

Adults

Learn what essential oils are and their powerful, therapeutic benefits. Plus: Make a fall-themed natural salt scrub! Limited to 30 adult participants.



LinkedIn Workshop

with Brandman University

Wednesday

November 9, 2:00 PM

Adults

Learn strategies that will help you build an online professional brand and how to use LinkedIn more effectively.



Murrieta History Scavenger Hunt

December 1 - December 17

Ages 14 and up

Learn about Murrieta history and have fun doing it! Pick up a Scavenger Question Sheet starting December 1. Gift card drawing for top winners and participants! Look for an upcoming flyer for more details.



Estate Planning 101

with Attorney Jeffrey Nickerson

Tuesday

January 17, 6:00 PM

Adults

Learn basics of estate and trust planning.

Special Needs Planning

Tuesday

January 24, 6:00 PM

Adults

Attorney Jeffrey Nickerson returns for a workshop designed for families of a dependent with a disability.

Rock Art of Southern California

with Steven Freers

Tuesday, February 21

6:00 PM

Adults

Author Steven Freers, *Rock Art of the Grand Canyon Region*, will discuss and present images of Native American rock art and petroglyphs of Southern California.



Programs are free and sponsored by the

Friends of the Murrieta Library and are subject to change. Passes are available 30 minutes before the program begins.*

**for those programs with limited seating*



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