

## Take Care of Yourself We've Got Health on Tap @ the MTL This Week

### What is Ayurvedic Medicine: And How Does it Compare with Western (Allopathic) Medicine?

Tuesday, February  
18th at 7:30PM

Discover how your own body constitution influences your balance and harmony and the simple things you can do to rebalance and achieve harmony in your life.

Join us as Dr. Somesh N. Kaushik, ND, BAMS, MPH, MPA, E-RYT 500 dispels the mystery behind Ayurvedic Medicine. Thought to be the world's oldest healing system, Ayurveda encompasses life in its totality and epitomizes a true body-mind approach to health and wellness. Ayurveda defines health as a balance of body, mind, and spirit. Imbalance results in disharmony and potentially illness.

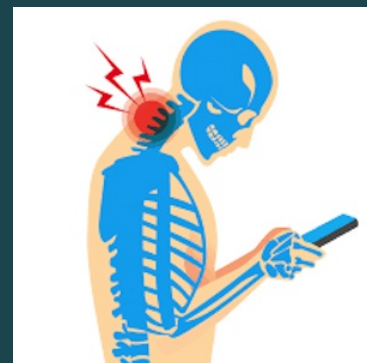


[Register for This Event Here](#)

### Thursday, February 20th | 7:30-8:30PM iHunch: How Tech Use Affects Posture, Mood and Overall Health

Posture doesn't just reflect our emotional states... it can also cause them. Join us as Janet Schroeder, a pain management specialist, talks about how posture affects both your mood and your health – and what you can do about it.

Get tips to avoid tech-neck and stand up straight!



[Register for This  
Event Here](#)

Tuesday, February 18th | 10:30AM-12:00PM  
**The Creative Tribe Study Group**  
*(Focusing on Julia Cameron's works)*

Discover and enhance your creativity by joining the Creative Tribe study group. The Creative Tribe Study Group will meet for 14 weeks and explore the book, *The Vein of Gold: A Journey to Your Creative Heart* by Julia Cameron. Meetings will be held every Tuesday, beginning Tuesday, February 18th through Tuesday, May 15th. The emphasis of the group will alternate week to week from book discussions to creative prompts. This group is facilitated by local artists.

Come prepared with your copy of *The Vein of Gold*, available for purchase on Amazon.

*Please register in advance, space is limited.*



Register for This Event Here

Tuesday, February 18th | 1:30-2:30PM  
**Weekly Drop-In Knitting Circle**

Our popular weekly drop-in knitting circle meets every Tuesday. Bring your own knitting, crochet or needlepoint project or learn basic techniques like casting on, and the knit and purl stitches. If you're new to knitting and want to give it a try, we will have a selection of yarn and needles to test out.

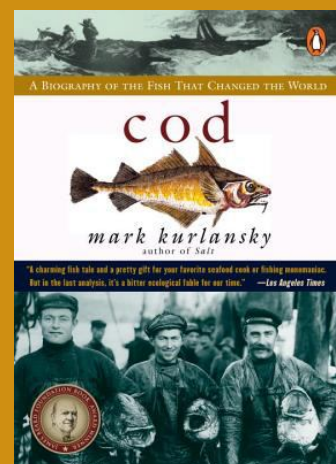
*Registration is not required for this program.*



Wednesday, February 19th | 7:30-8:30PM  
**History Book Club - Cod: A Biography of the Fish that Changed the World**

Led by members of the Library's Programming Committee this group reads books of interest to history buffs. Copies of the latest book will be available at the Library's front desk.

This Month – *Cod: A Biography of the Fish that Changed the World* by Mark Kurlansky.



Register for This Event Here

Saturday, February 23rd | 2:00-3:30PM  
**"Bling's the Thing" Earring**

## Workshop (Teens & Adults)

Enjoy making gorgeous jewelry in this program while supporting a worthy cause! In this workshop you will learn to make beautiful beaded earrings with Joan Lloyd, jewelry artist and founder of Bling's the Thing. For every pair you make, you will be asked to make a second pair that will be donated to domestic violence shelters across the country. All materials will be provided, but you are welcome to bring old bead jewelry that can be cut up and re-purposed. Light refreshments will be served.



Register for This Event Here

## Coming up... Thursday, February 27th Fairfield County's Giving Day

On Fairfield County's Giving Day, we hope you will not hesitate to select Mark Twain's Library, where Books are Just the Beginning of the ways your thoughtfulness will make countless neighbors smile. Stay tuned for the donate button which will be just a click away on February 27th.



## *Did You Know?*

### Sustainability @ MTL

The Mark Twain Library is committed to doing our part in contributing to and sustaining a cleaner, healthier environment, from solar panels to a more eco-friendly heating system.



### Rediscover Your Heritage

Not all ancestry websites are the same. At the Mark Twain Library we offer access to databases that are more selective, quality-controlled and specialized than some of the free sites. All you need is a library card.



### We Want Your Input

In trying to better understand how to continue to improve the Mark Twain Library - its offerings, programs and events - we would greatly appreciate your input as we develop our long-term strategic plan. The survey is just a click away and should only take 10


minutes to complete. If you have not already taken it, we encourage you to do so now. Many thanks, your opinion matters to us!

The Mark Twain Library of the future?

You are invited to help us figure it out.

[Click Here to Take the Survey](#)

New!  
**Check out MTL on YouTube**



[Click Here to Watch us on YouTube](#)

Save the Date! | Saturday, May 16th | 10am-4pm  
**25th Annual Frog Frolic**



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