Wind down your summer with four author talks, Tai Chi, nutritious meals, and more

*Spokane, WA | July 19, 2022* – Spokane County Library District announces its lineup of library programs for August. The new SCLD Online Authors Series offers four author talks featuring best-selling authors, discussing their fiction and nonfiction titles:

**Author Talk with Dr. Marcia Chatelain**
Wednesday, Aug 3, 11am

**Author Talk with Liz Moore**
Tuesday, Aug 9, 6pm

**Author Talk with Michele Harper**
Monday, Aug 22, 6pm

**Author Talk with Liz Wiseman**
Thursday, Aug 25, 9am

For the business-minded, our SCORE Spokane online workshop on Thursday, August 18, at 12pm, features tools for measuring types of business risk and when to apply them.

Our programs for adults include learning to make nutritious meals, trying out Tai Chi Chuan, hearing about new picture books, getting started with Medicare, and more.

**Expanded Food & Nutrition Education Program (EFNEP)**
NORTH SPOKANE: Tue & Thu, Aug 2–25 & Mon, Aug 29, 10–11:30am
SPOKANE VALLEY: Tue & Thu, Aug 2–25 & Mon, Aug 29, 1–2:30pm

**Drop-in Hours at The Studio**
THE STUDIO AT SPOKANE VALLEY: Tuesdays & Thursdays, Aug 2–30, 12–4 pm

**3D Printing Drop-In Hours**
SPOKANE VALLEY: Thursdays, Aug 4–25, 3–5pm

**Medicare: Getting Started**
MORAN PRAIRIE: Thursday, Aug 4, 1–2:30pm
ONLINE: Wednesday, Aug 24, 1–2:30pm

**Master Gardeners Plant Clinic**
CHENEY: Friday, Aug 5 & 19, 1–5pm

**Outdoor Tai Chi**
MORAN PRAIRIE: Saturday, Aug 6, 9–10am

**Easy No-Oven Meals**
NORTH SPOKANE: Tuesday, Aug 16, 6:30–7:30pm

**Picture Book Chat**
ONLINE: Wednesday, Aug 17, 1–2pm

Learn more about these library programs and how to register at [www.scld.org/adults-august-2022](http://www.scld.org/adults-august-2022).

*Spokane County Library District provides resources, experiences, and places that empower people to learn, explore, and succeed. The District operates 11 libraries throughout Spokane County that include Airway Heights, Argonne, Cheney, Deer Park, Fairfield, Medical Lake, Moran Prairie, North Spokane, Otis Orchards, Spokane Valley, and The BookEnd. District library cards are free to Spokane County residents.*

*For more information on our libraries or programs, please visit [www.scld.org](http://www.scld.org) or call 509.893.8200.*

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