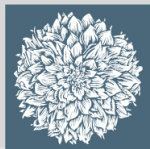


# Staying Healthy & Happy Through the Rains



**November 7 at 4 pm  
Canby Public Library**

**Certified acupuncturist Rocco Manzano, L.Ac will offer self-care tips on how to best combat physical and mental aches that occur during the rainy and dark season.**

Learn about

- **best foods to eat during this season**
- **simple daily health-preserving practices**
- **acupressure pointers for self-care**

**Please call 503.266.3394 to reserve a seat**

Canby Public Library • 220 NE 2nd Ave. • Canby, OR 97013  
[canbyoregon.gov/library](http://canbyoregon.gov/library)

