**FOR ADULTS**

- **Lip & Living with the Library**
  - **Thursday, September 15**, 7:00 p.m.
  - Join a discussion of the book "Lip & Living with the Library". Participants will have an opportunity to share their thoughts and experiences about the book. Registration begins September 10 at the Northport Library.

- **Aging & Alzheimer’s: A Holistic Alternative**
  - **Monday, September 19**, 7:30 p.m.
  - A program for leading a healthy lifestyle. All are welcome.
  - Feig of the Lupus Alliance of America will describe the resources and services that the Alliance provides to lupus sufferers and their families. She will discuss living with lupus and the issues that affect one who is living with the disorder.

- **Autoimmune Disease: A Holistic Alternative**
  - **Monday, September 19**, 7:30 p.m.
  - All are welcome.
  - Provides a broad overview of these disorders. All are welcome.

- **Ice Cream & Sandwich (Wrap) Clinic**
  - **Saturday, September 24**, 1:30 p.m.
  - registration begins September 15 at the Northport Library.
  - **Sunday, September 25**, 1:30 p.m.
  - registration begins September 15 at the Northport Library.
  - Free healthy snacks will be available. Bring your own mug and lunch and come enjoy an evening with friends and families while learning about the importance of living an active lifestyle.

- **The Library & Early Literacy**
  - **Saturday, September 24**, 1:30 p.m.
  - registration begins September 15 at the Northport Library.
  - A program for parents of children ages 3-5. Registration begins September 15 at the Northport Library.

- **Parent & Child Programs**
  - **Saturday, September 24**, 1:30 p.m.
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### Children's Programs & Activities

**September 2003**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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*Note: All programs and activities are subject to change. Please check the library’s website or call for the latest information.*