

## Programs, events and what's new at the Shelburne Public Library

The Shelburne Public Library is holding a Summer Reading Challenge on Beanstack. There is just one week left to finish the program's badges to qualify for neat prizes. Questions? Email [frontdesk@shelburnelibrary.ca](mailto:frontdesk@shelburnelibrary.ca).

From Tuesday to Friday every week, the library offers tech help. From learning how to use your email to accessing the library's digital resources, help is available. Appointments are available Tuesday, Wednesday, Friday (11 a.m.-4p.m.) and Thursday (2p.m.-7p.m.).

On Thursday, Aug. 24 at 6p.m. archivist Laura will give some tips and tricks for doing genealogy research.

On Sunday, August 27 at 2 p.m. the library's good friend Jason George returns to take you on a virtual safari from the comfort of the library.

The Staff Pick of the Week for books is Rose's Pick, which is *Fast like a Girl?* by Dr. Mindy Pelz.

While most fasting advice has been a one-size-fits-all approach that leaves women with more questions than answers, *Fast Like a Girl?* is different. Dr. Mindy shares the proven strategies and specific protocols to use if you are trying to overcome a condition. It gives fasting hacks, and tools that she has used to help hundreds of thousands of women thrive with their fasting lifestyles.