

## CONTACT INFORMATION

NCW Libraries  
Michelle McNiel,  
Public Relations Specialist  
509-663-1117, ext. 147; 509-679-8002c  
[mmcniel@ncwlibraries.org](mailto:mmcniel@ncwlibraries.org)

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## NCW LIBRARIES OFFERS BOOK DISCUSSION

Learn the seven circles approach to spiritual, physical, and emotional wellbeing rooted in indigenous ancestral knowledge in a three-week book series at Wenatchee Public Library in November.

The Seven Circles Book Club will be presented in-person Nov. 14, 21, and 28 from 5:30 to 6:30 p.m. in partnership with the Indigenous Roots and Reparation Foundation and Wenatchi Wear.

The program will be co-facilitated by Mary Big Bull-Lewis, a Colville Confederated Tribes member and an owner of Wenatchi Wear.

The series will be centered around the book *The Seven Circles of Wellness: Indigenous Philosophies for Living Well* by Chelsey Luger. Copies of the book are available from NCW Libraries for checkout in print and digital formats. They can also be purchased from Wenatchi Wear, 600 S. Mission St., Wenatchee.

Drawing from traditions spanning multiple tribes, the book offers a holistic model for modern living rooted in the teachings of tribal ancestors. The model comprises interconnected circles that keep all aspects of our lives in balance, including food, movement, sleep, ceremony, sacred space, land, and community.

Participants are encouraged to read the book so everyone can participate in the conversation.

Registration is required. Register at [www.ncwlibraries.org](http://www.ncwlibraries.org) on the events calendar. [Register here.](#)

## MORE INFORMATION

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