



COUNTY of CUMBERLAND



Public Library & Information Center

Winner of the National Medal for Museum and Library Service

NEWS RELEASE

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Teen Health Awareness Programs

Your library and SHIFT NC team up to breach tough subjects for teens

This December, Cumberland County Public Library and Information Center is offering two programs on teen health awareness designed especially for grades 6-12. These awareness programs are made possible by SHIFT NC (Sexual Health Initiatives for Teens), a statewide nonprofit leading North Carolina to improve adolescent and young adult sexual health through increased awareness. Speakers from SHIFT NC will discuss pregnancy prevention, birth control options, STIs, abstinence and more. Teen Health Awareness program details follow:

Wednesday, Dec. 7 at 5:30 p.m. - Spring Lake Branch (101 Laketree Blvd.)

Thursday, Dec. 8 at 5 p.m. - North Regional Branch (855 McArthur Road)

For more information on these and other free programs and services at your library, visit www.cumberland.lib.nc.us or call (910) 822-1998.

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