

---

## MEDIA RELEASE

---



### Kingston Frontenac Public Library

130 Johnson Street, Kingston ON

K7L 1X8

Phone: 613-549-8888 Fax: 613-549-8476

February 20, 2019

FOR IMMEDIATE RELEASE:

Spring isn't far off and the days are getting longer, but this can still be a dull and slightly depressing time of year. It can be hard to spend much time outside, so why not increase the greenery inside your home with plants? Houseplants can moisten and freshen indoor air and satisfy our yearning for contact with living things. Learning how to cultivate your own indoor garden can reduce screen-time, slow down a hectic life, and reduce your stress levels. And houseplants can nudge your décor from ordinary to spectacular.

Kingston Frontenac Public Library (KFPL) is excited to announce the latest in our **KFPL Live** monthly speakers' series: **Breathing Rooms: Indoor Plants for Well-Being**. Allison Shannon from Sun Harvest Greenhouses in Glenburnie will show how you can use plants indoors to clean the air and to quieten your mind. Come learn how to create a "breathing room," your own small oasis to help connect with nature in a fast-paced world. You'll discover the best plants to use and how to keep them healthy and attractive.

This event will take place at the Isabel Turner branch on Tuesday, March 5, at 7 p.m. There is no admission charge. This talk is open to all adults and teens, but seating is limited. To avoid disappointment, please register in advance. Register at [events.kfpl.ca](http://events.kfpl.ca) (or by phone at 613-549-8888) as of 9 a.m. on Saturday, February 23.

-30-

For more information, visit [www.kfpl.ca](http://www.kfpl.ca)

---

**Contact:** Anne Hall, 613-549-8888, ext.3528, [ahall@kfpl.ca](mailto:ahall@kfpl.ca)  
Thank you for helping to promote Kingston Frontenac Public Library.