

LOCAL AUTHOR VISIT & BOOK SIGNING

SATURDAY, JUNE 28, 2025 • 2PM

Beyond 25

A Life I Never Imagined



Nicole Shields

NICOLE SHIELDS IN-PERSON

Local author and Mental Health & Recovery Advocate Nicole Shields will discuss her new book *Beyond 25: A Life I Never Imagined*, a personal story about mental health, resilience, recovery, and

self-discovery. Nicole will share impactful moments from the book, discuss mental health and peer support, lead a guided activity, and end with a Q&A and book signing. Geared for adults and young adults.

To register, please call 716-674-2928 or stop by the library.

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