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For Immediate Release

Finding Love in a Digital Age

Rapid City, S.D. – Jan. 26, 2010 – Are you single, divorced or widowed and in search of a companion? Are you looking for love in all the wrong places? Have you heard of online dating and want to learn more about it? Why not get some advice from an expert. Rex Briggs, MSW, local author and counselor, will present “Finding Love in a Digital Age” at the Rapid City Public Library on Thursday, Feb. 4. The presentation starts at 6:30 p.m. at the downtown library in the Helen Hoyt Room.

Briggs is the featured speaker at February’s Community Voices Adult Lecture Series hosted each month by the Rapid City Public Library. He will describe the upsides and downsides of internet dating, dating in general and what we have a right to expect. Following the presentation, Briggs will answer questions from the audience. Refreshments will be served.

Briggs has specialized in treating, speaking and training others about anxiety, depression and stress-management for 30 years. In his book, “Transforming Anxiety, Transcending Shame,” Briggs has created a step by step program to help his clients understand how to manage and eliminate unnecessary anxiety.

Find out more about library resources, services and events at www.rapidcitylibrary.org.

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The Rapid City Public Library has served the Rapid City area since 1879, and now has two locations, the downtown library at 610 Quincy Street and the north library within General Beadle Elementary School at 10 Van Buren St. Both offer print and electronic resources for adults, young adults and children as well as computers and Internet access and a variety of programs and events. In March 2008, USA Today named the Rapid City Public Library's downtown library as one of the nation's 10 greatest places to "Find a Nook and Read a Book."

Find video footage of RCPL events at: <http://www.youtube.com/user/rapidcitylibrary>

Find photos of RCPL events at: <http://www.flickr.com/photos/rcpl/>