

NEWS RELEASE
FOR IMMEDIATE RELEASE
January 14, 2009



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Library Promotes Healthy Start to New Year

SUFFOLK, VA (January 14, 2009) Is Your New Year Off to a Healthy Start? The North Suffolk Library would like to help. They are hosting a **Healthy Start Series**, which debuts on **1/27 at 6:30 p.m.** A library staff member and registered nurse will be presenting monthly lectures on nutrition, recipes, exercise, and other tips for maintaining a healthy lifestyle. The first program is called '**Resolutions: Diet and Exercise**', and it focuses on how to stick to your New Year's resolutions. The next lectures in the series will be held on Tuesday, 2/24 at 6:30 p.m., and Tuesday, 3/24 at 6:30 p.m.

The series is free and open to the public. Pre-registration is not required. The North Suffolk Library is located at 2000 Bennett's Creek Park Rd., Suffolk, Virginia 23435. For further information contact (757) 514-7150 or (757) 514-4106.

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