

NEWS RELEASE
FOR IMMEDIATE RELEASE
February 1, 2009



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Library Continues Healthy Start Series

SUFFOLK, VA (February 1, 2009) ***Yuck! I Don't Like That!*** Are you a fussy eater or do you live with one? *If you want to eat healthier in the New Year, join library staff and a registered nurse at the North Suffolk Library on Tuesday, February 24 at 6:30 for this month's Healthy Start session, where you'll learn how to expand your options to increase your nutrients and still enjoy it.*

This is the second in a series of monthly Healthy Start lectures offered at North Suffolk Library. The series is free and open to the public. Pre-registration is not required.

The next lecture in the series will be held on Tuesday, March 24 at 6:30 p.m. 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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