

March 1, 2019

For Immediate Release – To Your Health! Lunch 'n Learn Series at LW Public Library

The Lake Wales Public Library's Lifelong Learning series will provide a three-part series in April, To Your Health! The series will be presented by Ginny Powell. Ms. Powell is retired Cooperative Education professor at Rutgers University. Ginny hold two degrees in Home Economic Education.

The first in the series is To Your Health! - Eat Smart. This workshop will use the USDA's 'My Plate' to help you find out how your favorite foods measure up to healthy, nutritious eating. Learn to balance your 'wants' with your 'needs' while understanding portion distortion! And we'll practice some smart movement that will help you stay healthy too!

To Your Health! – Eat Smart begins at 12:00 p.m., Monday, April 1 in the Library's Schoenoff Meeting Room.

The second To Your Health Lunch 'n Learn workshop will focus on Shopping Smart.

Do you know what is really in the food you buy? Do you understand nutrition labeling, the long list of ingredients, and how to find the Best Buy? This workshop will focus on food shopping, where to find the healthiest food in the store, how to read the nutrition label, ingredients, and pricing so you can get the best bang for the buck! We'll also have some physical movement to motivate you to get moving and stay healthy.

To Your Health! – Shop Smart begins at 12:00 p.m., Monday, April 15 in the Library's Schoenoff Meeting Room.

The third and final workshop is To Your Health! Plan Smart – Re-Think What You Eat. This Lunch 'n Learn will focus on meal planning, including how to re-purpose leftovers. With just a few staples in your pantry, you can make a tasty 'new' meal. We'll use 'My Plate' as a base for meals and snacks, while making meal prep and eating a special event! And you'll learn an exercise that can keep your body moving gently.

To Your Health! – Plan Smart! Re-think What You Eat begins at 12:00 p.m., Monday, April 29 in the Library's Schoenoff Meeting Room.

Registration is required for each workshop. Class size is limited and light and healthy lunch will be provided. Please call 863.678.4004, ext. 221 to register, email library@lakewalesfl.gov or visit the main desk to sign up.

The Lake Wales Public Library's Lifelong Learning classes are sponsored by Florida's Natural Growers Foundation and the Lake Wales Library Association.

