



NEWS RELEASE

For Immediate Release:
August 31, 2018

Contact information: Mercedes Franks
(936) 559-2970

Life Pro Tips: Cooking Basics & Meal Planning at the Public Library

(Nacogdoches, TX) – This fall the Nacogdoches Public Library will offer a series of programs for teens, young adults, and anyone who needs a little help obtaining some adult skills. The first program in the series is *Life Pro Tips: Cooking Basics & Meal Planning*. Participants will learn some beginner-level kitchen skills and techniques for stretching that grocery dollar! This free program is for participants ages 13 years and up and will be held on September 6th at 5:30 pm. Registration may be done in person, by calling 559-2970, or online at www.ci.nacogdoches.tx.us/library.