



NEWS RELEASE

For Immediate Release:
April 4, 2019

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Food for Life Nutrition Class at Public Library

(Nacogdoches, TX) – Food for Life Workshop will take place at the Nacogdoches Public Library on Tuesday, April 16th from 11:45 am to 1:00pm. Lucy Richardson, R.N., will teach on the significance of choosing the right foods to promote physical and mental health and improving the body’s immune system. The workshop will provide information and recipes on holistic foods and remedies. The program is free, but registration is requested. Please RSVP to (936) 554-3577.