

**PUBLIC LIBRARY OF NEW LONDON**  
**63 Huntington Street, New London CT 06320**

**For Immediate Release**

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**Build A Strong Immune System with Tricia McAvoy**

New London, CT, Saturday, May 13, 2017 at 11:30 AM- Why is it that some people never get sick and others have to deal with it regularly? The Public Library of New London invites the public to attend this informative workshop with Holistic Health Coach, Tricia McAvoy, Saturday, May 13 from 11:30 AM to 12:30 PM in the library's Community Room.

Join us in learning more about how your body works and how you can improve your overall health.

Presenter Tricia McAvoy is a Holistic Health Coach and owner of Blissworks Yoga & Healing Arts.

This is a free event, open to residents and non residents. Registration not required.

For more information, please contact Madhu Gupta at 860-447-1411 x5, [mgupta@plnl.org](mailto:mgupta@plnl.org) or go to the library's website at [www.plnl.org](http://www.plnl.org)