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Healthy Living Workshop with Tricia McAvoy

New London, CT Saturday, August 20, 2016, 11:30-12:30PM– Tricia McAvoy is the owner of Blissworks Yoga & Healing Arts in New London and the author of the recent book "One Woman's Path to Health." Tricia will be speaking about her journey to wellness. She will talk about the benefits of eating whole (unprocessed) foods, some amazing supplements to support the immune system and also a yoga practice to make your body strong. Tricia will give a brief introduction to the way of a healthy lifestyle, something that is attainable to all who wish to follow their own path to health. A healthy lunch will be served to participants. Bring some note taking materials and enjoy this uplifting and inspiring talk with Tricia McAvoy. Free and fun for all ages. Please register by calling or visiting plnl.org/events.

For more information, please contact Madhu Gupta at 860-447-1411 x3, mgupta@plnl.org or go to the library's website at www.plnl.org