

Press Release

Event: **Better Health is an Inside Job**

Date/Time: Saturday, September 23, 2017 From 11:30 AM to 12:30 PM

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Join Tricia McAvoy, Holistic Health Coach and owner of Blissworks Yoga & Healing Arts, Saturday, September 23 at 11:30 AM for an informative workshop discussing how to open up to the better parts of yourself and stay healthy using more than just diet and exercise.

Vibrant health is the birth right of every individual and yet it can be confusing about how to achieve it.

Creating good health is more than what you eat, although that is an important aspect. Ultimately good health has to do with how you think & your stress levels. Positive and carefree thoughts and attitude create a healthy environment inside your body while negativity and stress create an unhealthy environment in your body leaving you more susceptible to illness.

Learn more about your beautiful immune system and how it operates to keep the body safe from dis-ease.

This event is free and open to the public. No registration is required.

For more information regarding the event, please contact Madhu Gupta at 860-447-1411 x5, mgupta@plnl.org or go to the library's website at www.plnl.org.