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CITY OF PALMDALE

NEWS RELEASE

CONTACT: John Mlynar

PHONE: 661/267-5115

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Palmdale City Library to Host “Eating Healthy on a Budget” This Saturday

PALMDALE - The Palmdale City Library will host an informative free workshop titled “Eating Healthy on a Budget” this Saturday Jan. 17 at 2:30 pm in the Lilac Room of the Chimbole Cultural Center, 38350 Sierra Highway, in Palmdale.

Registered dietician and nutritionist McKenzie Hall of Nourish RDs will lead the workshop.

“Whether you're making a New Year's resolution to eat better or simply want to do something good for yourself, please join us for this interesting and helpful event,” said Library Director Thomas Vose. “You'll pick up tips for eating well and doing it without busting your wallet.”

The Palmdale City Library is open seven days a week. Hours of operation are Monday through Thursday from 10 am to 8 pm; Friday and Saturday from 10 am to 5 pm; and Sunday from 1 to 5 pm.

For more information, please call the Palmdale City Library at 661/267-5600 or TDD 267-5167, or visit www.cityofpalmdale.org/library.

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www.cityofpalmdale.org