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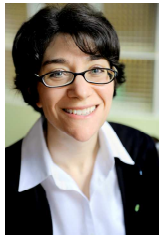
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FOR IMMEDIATE RELEASE
Press Release

October 30, 2008

“Let’s Do Lunch” with Lisa Andrews at the Pleasant Ridge Branch Library

Local Nutrition Expert to Give Sound Bites for a Healthier Life



Lunch is over, and even though you took the break from your computer screen, you have trouble keeping your eyes open. It’s the after lunch slump, you can avoid it! On Thursday, November 13, at 6:30 p.m., the Pleasant Ridge Branch Library will welcome local diet and nutrition expert Lisa Andrews for Let’s Do Lunch! Lisa will give you tips about how to make your afternoons healthy and productive. Need to bring the kids? No problem. They can enjoy a Fun with Food Musical Storytime, while Lisa enlightens you with healthy advice.

Lisa Andrews, Med, RD, LD, has been helping individuals and groups take charge of their health through better nutrition for more than 17 years. As co-owner of *Sound Bites Expert Nutrition Advice*, she converts scientific nutrition information into customer friendly, easy to follow

“sound bites” – the soundest nutrition advice for every bite you take. And with her upbeat personality and sense of humor, she keeps customers motivated to reach, and to keep, their health and nutrition goals.



- ✓ Space is limited for this program. Please call the Pleasant Ridge Branch Library at 369-4488 to register.
- ✓ Visit www.soundbitesnutrition.com for more information about Lisa Andrews, Med, RD, LD.
- ✓ For more information about the Public Library, visit www.CincinnatiLibrary.org.