

Briarcliff Manor Public Library

1 Library Road 941-7072

www.briarcliffmanorlibrary.org

Nourish Yourself: A Roadmap for Results

Thursday, April 20 at 7:00 pm



This spring, increase your energy and reduce stress while eating well. Participants will learn simple, yet powerful, strategies to apply to map out and realize results right away.

Presented by Joanne Witmyer, the founder of Indigo Health and Wellness, based in Briarcliff Manor. She teaches group workshops, offers consulting to companies, writes a monthly column for *The Examiner News*, and helps individuals achieve their wellness goals – particularly during times of transition.

Registration is recommended but **all** are welcome to attend. To register, email sglick@wlsmail.org or call the library at 941-7072.