

Thursday, March 28, 12:30 p.m.

8 Steps to a

Healthier Diet



Are you concerned about weight? Heart disease? Do you want to maximize your health? Learn how to make simple and gradual changes to improve your diet and fit your lifestyle.

Feel free to bring your lunch. The library will provide drinks and dessert.

Please register by phone or online.

A North of 50



Program for Seasoned Adults



Sign language interpretation is available if requested at least three weeks in advance of the program date.

When you visit the library or attend a program, we may be taking photos or video for marketing purposes, including possible posting on the Internet and to our social media sites. Please notify a staff member if you do not want your image to be published.

Bull Run Regional Library
8051 Ashton Avenue
Manassas, VA 20109
703-792-4500
703-792-4524 (TTY)
www.pwcgov.org/library