
MEDIA RELEASE



Kingston Frontenac Public Library

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FOR IMMEDIATE RELEASE

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Kingston Frontenac Public Library is excited to announce the latest of our free monthly talks in the **KFPL Live Monthly Speakers' Series**. On Tuesday, March 7, we will be hosting Registered Dietitian Kaitlyn Bresee as she shows how you can **Take the Fight Out of Food**.

“Many of us have a love-hate relationship with food,” says Programming and Outreach Librarian Anne Hall. “People can have a lot of issues around food — emotional eating, contentious family mealtimes, changing our diets to manage diabetes, Irritable Bowel Syndrome or food allergies — to say nothing of trying to lose weight. And it can be tough to distinguish between food fads and sound nutritional advice.”

Join us for this free talk as Loblaws dietitian Kaitlyn Bresee helps take the confusion out of nutrition.

This month’s talk will be given at the Isabel Turner Branch on Tuesday, March 7, at 7 p.m.

For more information, visit www.kfpl.ca.

Questions? Contact Anne Hall, 613-549-8888, ext. 3528, ahall@kfpl.ca

Thank you for helping promote Kingston Frontenac Public Library!

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