

News Release



News Release

Santa Rosa County Public Information ■ 4499 Pine Forest Road ■ Milton, Florida ■ 32583 ■ (850) 983-5254

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#120508-LUNCH

Contact: Natasha Godwin
Library Coordinator - Special Services
(850) 981-7323

Lunch & Learn @ Your Library

Feed your body and mind at Navarre Library's Lunch & Learn Series. Join Holistic Health Coach Tambra Lanham for "Boost Your Energy" on Wednesday, May 16, from noon to 1 p.m. in the Navarre Library meeting room located at 8484 James Harvell Road. You bring a lunch and drink, and learn how to boost your energy in three simple steps. You'll walk away from the workshop with more energy, which will lead to a more productive afternoon. Plus, learn a step-by-step action plan so you can have more energy tomorrow.

Each program is free, open to the public and no registration is required. The monthly Lunch & Learn series will resume again in the fall, after completion of the 2012 Youth Summer Reading Program. For more information contact Susan Cook, Navarre Library Manager, at (850) 981-7323.

*The Santa Rosa County Library System is a department of the Santa Rosa County Board of County Commissioners.
Libraries are located in Gulf Breeze, Jay, Milton, Navarre, and Pace.
Find additional information at www.santarosa.fl.gov/libraries.*

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