

News Release

Date: April 3, 2018



Eat Dirt for Maximum Health Benefits!

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Meet & Greet with Cheryl Heywood

Wednesday, April 18 5 - 6:30 p.m. for adults

Ocean Park Timberland Library



Libraries.

Meet&Greet

Following the program, Director Cheryl Heywood, will entertain questions and discussion about the Timberland Regional Library. Refreshments will be provided by the Friends of the Ilwaco and Ocean Park Timberland Libraries.

This is a Two for One event!

Dr. Frances Makowski, microbiologist/immunologist, will entice you to eat your microbes for maximizing your health and minimizing chronic disease.

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After learning about the importance of your microbiome, Director Cheryl Heywood will

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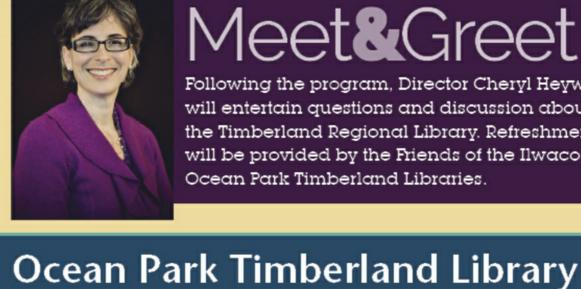
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1308 256th Place; 360-665-4184 TRL.org

For more information, call the library at 360-665-4184 or visit TRL.org. **Timberland Regional Library** provides for the entertainment, information, and lifelong learning needs of Grays Harbor, Lewis, Mason, Pacific, and

Thurston county residents at 27 community public libraries and six library

All Timberland library programs are free and open to the public. The Ocean Park Timberland Library is located at 1308 256th Place.

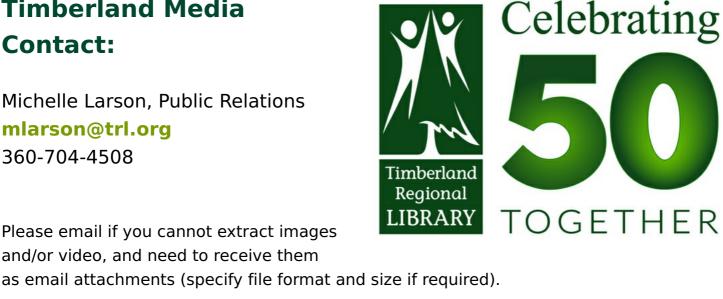
taxes, timber tax, fundraising efforts of TRL Friends of the Library, and generous donations by individual supporters. Anyone needing special accommodations to participate in a library's programs may contact the library one week in advance. For more information visit TRL.org.

service partner locations. The library system is funded mainly by local property

Timberland Media Contact:

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Please email if you cannot extract images and/or video, and need to receive them



CATALOG

LOCATIONS

EVENTS

RESEARCH