



Timberland
Regional
Library

News Release

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Timberland Regional Library; Website: www.TRL.org; Information: 704-4636 in Olympia area, or 1-800-562-6022.

FOR IMMEDIATE RELEASE

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Mary Ellen Psaltis to talk at Olympia library on “Scrumptious Senior Sensations: Cooking for One or Two”

Learn how to make choices with ease that enhance your well being and take home several meal ideas from Mary Ellen Psaltis. A Certified Nutrition and Wellness Consultant, Psaltis will speak at the [Olympia Timberland Library](#) on Thursday, September 30 from 7:30 to 9 p.m. She will focus on cooking in senior households of one or two people. The program will be held after hours so the library will be open only for the event.

In her lighthearted manner Psaltis maintains that it’s possible to experience the *Joy* of cooking rather than the *Job* of cooking. She’ll discuss how to add life and flavor into your daily eating while minding your health as well.

Psaltis pens the popular Chef’s Kitchen for The Olympian. She speaks about making healthy life choices and living well every day. She loves cats, chocolate and preparing dinner in less than 30 minutes.



This free public presentation is sponsored by Senior Services for South Sound and the Friends of the Olympia Library.

The Olympia Timberland Library is at 313 8th Avenue SE, Olympia. For more information, call (360) 352-0595 or go to www.TRL.org.