



**News Release**

**Date:** April 3, 2018

# Eat Dirt

FOR MAXIMUM HEALTH BENEFITS

2for1  
EVENT!

**Eat Dirt for Maximum Health Benefits!**

&

**Meet & Greet with Cheryl Heywood**

Wednesday, April 18

5 - 6:30 p.m.

for adults

**Ocean Park Timberland Library**



## 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.

After learning about the importance of your microbiome, 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.

# Eat Dirt

FOR MAXIMUM HEALTH BENEFITS

2for1  
EVENT!

Wednesday, April 18

5 - 6:30 p.m. • for adults



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



## 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.



**Ocean Park Timberland Library**

1308 256th Place; 360-665-4184

TRL.org

All Timberland library programs are free and open to the public. The **Ocean Park Timberland Library** is located at 1308 256th Place. 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 service partner locations. The library system is funded mainly by local property 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**.

### Timberland Media

#### Contact:

Michelle Larson, Public Relations  
[mlarson@trl.org](mailto:mlarson@trl.org)  
360-704-4508

Please email if you cannot extract images and/or video, and need to receive them as email attachments (specify file format and size if required).



Celebrating

50

TOGETHER

CATALOG

LOCATIONS

EVENTS

RESEARCH

