

**FOR IMMEDIATE RELEASE:**

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**Indian Breakfast for a Strong Start to the Day!**

Southeast Branch

Saturday, May 16, 11 a.m.

Breakfast has often cited as the most important meal of the day for energy and weight loss.. Join Shahnaz Nensey, certified holistic health coach, for this interactive, fun session—perfect for those who struggle with what to eat for breakfast. Learn how to make a balanced and delicious breakfast with easy-to-follow recipes inspired from Shahnaz’s Indian heritage. For more information, visit **[swaasta.com](http://swaasta.com)**

**Asian Spring Rolls**

South Creek Branch

Saturday, May 16, 11 a.m.

West Oaks Branch

Wednesday, May 20, 6 p.m.

Local chef and author Ha Roda shares tips on making the perfect spring roll. Take part in this interactive program and make your own healthy, fresh spring roll! Presented in honor of *Asian Pacific American Heritage Month*. Space is limited. Register online at **[ocls.info](http://ocls.info)** or call 407.835.7323.

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