

FOR IMMEDIATE RELEASE:

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Healthy Lunches for Kids

Winter Garden Branch

Wednesday, August 12, 11:45 a.m.

Join us for a lesson in packing simple, healthy and balanced lunches. Learn how to save time during those busy mornings and how to avoid the PB&J lunch rut. This class welcomes adults and children of all ages. Food samples will be provided along with a children's activity. For more information, visit **awholenewlife.net**.

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