



**The Friends of the Murrieta Library
Celebrates**

National Nutrition Month

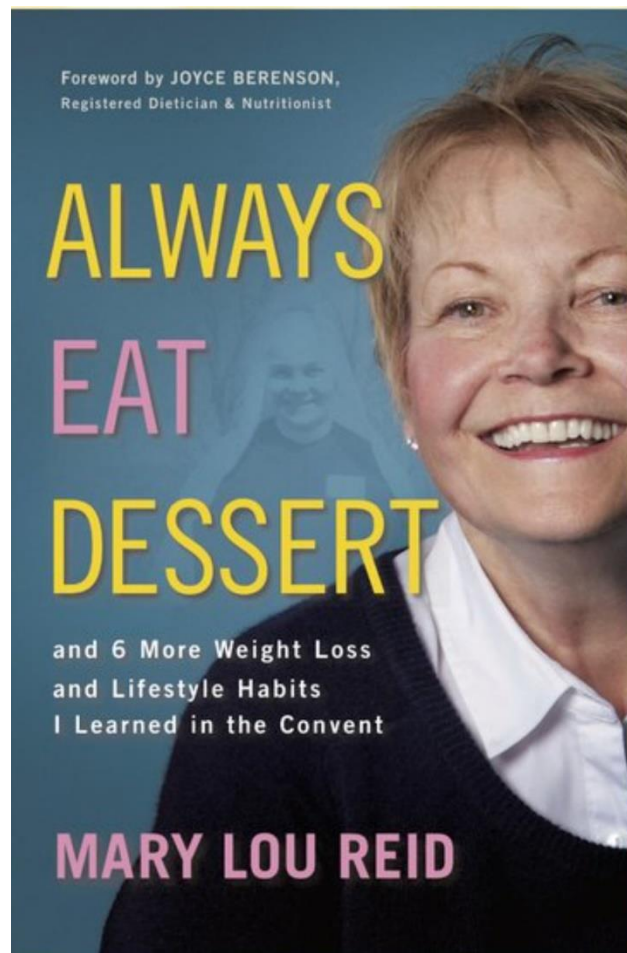
with

Author Mary Lou Reid



**Want to know the
“secret” to dieting?**

**It’s NOT starting and
sticking to a Diet, but
instead, you need to
change your way of
looking at food.**



**7 surprisingly
Simple habits to
Shed and keep off
50 pounds for a
lifetime. These
healthy eating
Habits could work
for you too.**



**Join our IN-PERSON meeting at:
Murrieta Library’s Community Center
8 Town Square, Murrieta
Date: Tuesday, March 15th at 10:00 a.m.**