

Timberland Regional Library  
415 Tumwater Blvd. SW  
Tumwater, WA 98501  
360-943-5001 or 877-284-6237 – [www.TRL.org](http://www.TRL.org)



July 7, 2016

## News Brief

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### **Pursuing Good Health without Fads or Tricks**

Massage and nutrition therapist Melissa Shafer will lead a conversation about achieving overall health and vitality through good nutrition. The program will take place at the Oakville Timberland Library, Thursday, July 21 from 5:30 to 6:30 p.m.

During her years as a therapist, Shafer said she has witnessed the powerful effects proper nutrition has on wellness. Her stated goal is to help people achieve personal health goals without giving in to fads or the latest health craze.

All Timberland Regional Library programs are free and open to the public.

The [Oakville Timberland Library](#) is located at 204 Main Street. For more information, call the library at 360-273-5305 or visit [www.TRL.org](http://www.TRL.org).

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Timberland Regional Library provides for the information, reading and lifelong learning needs of the Grays Harbor, Lewis, Mason, Pacific and Thurston county public at 27 community public libraries and 6 partner locations. The library system is funded mainly by local property taxes. Anyone needing special accommodations to participate in a library's programs may contact the library one week in advance.