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For Immediate Release

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Have you taken the “Real Food Challenge”?

March 23, 2015, Monroe, NC – Union West Regional Library in Indian Trail, NC will feature the program “*The Real Food Challenge*” on Saturday, March 28 at 1:15 p.m. We are proud to present Lisa Leake, a local Union County resident, New York Times Best Selling Author and popular blogger.

Lisa Leake will offer insight in the case for the benefits of incorporating more “real food” into your diet and lifestyle. She will share her personal journey and experiences with making this quantum leap. Attendees will walk away with cost-conscious recipes, the makings of a healthy grocery list and the skill of reading food labels.

According to Dr. David Katz, practicing physician and researcher, Yale University’s Prevention Research Center, “If you eat food direct from nature you don’t even need to think about this. You don’t have to worry about trans fat or saturated fat or salt—most of our salt comes from processed food, not the salt shaker. If you focus on real food, nutrients tend to take care of themselves.”

This program is intended to be informative and open to all adults. There is no registration required to attend. The title *100 days of real food: how we did it, what we learned, and 100 easy, wholesome recipes your family will love*, by Lisa Leake, can be borrowed or reserved in regular print or eBook through the Union County Public Library.

For more information please contact: Hannah Terrell, 704-821-7475 or hterrell@union.lib.nc.us.

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