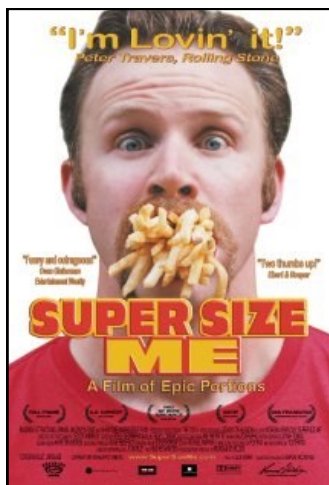


Healthy Living Series at Burroughs-Saden Library

Thursdays 6:00—7:00pm

Burroughs-Saden Memorial Main Library



Thursday May 21th, 2015 at 6pm (3rd floor)
Super Size Me (film screening)

Join us for a screening of the documentary film "Super Size Me" (Directed by Morgan Spurlock; PG; 100 min; 2004).

Free healthy refreshments will be provided. Discussion will follow!

While examining the influence of the fast food industry, Morgan Spurlock personally explores the consequences on his health of a diet of solely McDonald's food for one month.



Thursday June 4th, 2015 at 6pm (1st floor)
Exotic Fruit Tasting Tour (lecture/fruit tasting)

Do you like trying new fruits? What is the strangest fruit have you ever tried? Join us for a workshop where our instructor will discuss the importance of fruits in our diet. Delicious fruit tasting will follow!

Thursday June 18th, 2015 at 6pm (1st floor)
Mental Health Awareness (lecture/workshop)



Join us for a special lecture given by Cheryl Houston from the Southwest Regional Mental Health Board. Our speaker will share her personal stories and discuss mental illnesses such as anxiety, bipolar disorder, depressive disorder, and much more. This lecture is free and patrons will be able to ask questions at the end.

**For more information contact Anna Marc at 203-576-7400 ext. 428
or amarc@bridgeportpubliclibrary.org**

BRIDGEPORT PUBLIC LIBRARY Burroughs-Saden Main Library
925 Broad Street, Bridgeport CT 06604 p.203.576.7400 www.bportlibrary.org

Free events!
No registration required!
Everyone is welcome!