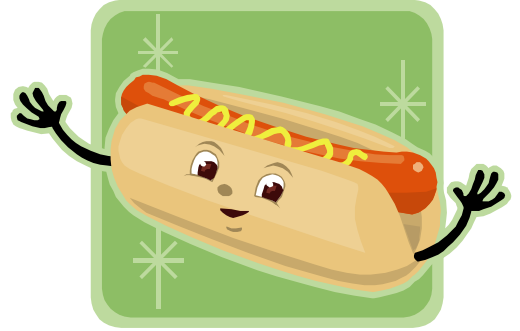




YOUR DIET IS DRIVING ME CRAZY!



Meet Nutrition Expert/Author
CYNTHIA SASS

NOON

**Thursday - January 19, 2006
Clearwater East Library
2251 Drew Street - (727) 669-1280
Brown Bag Lunches Are Welcome!**

Cynthia Sass is a nationally recognized health and nutrition expert who has been working with couples on eating habits for ten years. Her lecture will explore relationships with food, as well as hot topics such as cholesterol, diabetes, obesity, and insurance issues. Sass is senior dietitian and adjunct instructor at the University of South Florida. She is also a spokesperson for the American Dietetic Association, and a certified personal trainer.

Copies of her book *Your Diet is Driving Me Crazy* will be available for sale and signing at the program.

