

## Cottonwood Public Library

100 S. 6th Street  
Cottonwood, AZ 86326  
928-634-7559



Monday  
10 am - 2 pm  
Tuesday - Friday  
9 am to 6 pm  
Saturday  
10 am - 2 pm

## Cottonwood Public Library News Release - Cottonwood, AZ

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### For Immediate Release

Date: May 4<sup>th</sup>, 2016

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### Eat Smart, Live Strong Series at the Library

Mark your calendars seniors! Enjoy fun and lively activities with other older adults at the library in this three part series of free classes brought to you by the University of Arizona Cooperative Extension. Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.

The dates of the classes are May 13th, May 27th and June 3rd from 2 to 3 pm in the library meeting room. The Cottonwood Public Library is located at 100 S 6<sup>th</sup> St in Cottonwood.

