



## **STANISLAUS COUNTY LIBRARY**

**Diane McDonnell**  
County Librarian

1500 I Street, Modesto, CA 95354  
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[www.stanislauslibrary.org](http://www.stanislauslibrary.org)

## **PRESS RELEASE**

July 3, 2014

**FOR IMMEDIATE RELEASE:**

**For more information, contact:**

**Laura Ferrell, 209-558-7817**

**Susan Lilly, 209-558-4813 or 209-613-3672**

### **Secrets to Weight Loss at the Modesto Library**

Learn how to turn your body into a fat burning machine! Speaker Chris M. Cake, D.C., Q.M.E, will discuss five secrets of weight loss on July 9 at 6 p.m. Cake will cover the three glands in the human body that are crucial to the burning of fat. Learn what foods to eat and avoid, as well as important exercises that are key to weight loss. Important health topics related to weight loss, including diabetes, will be discussed. Learn how to maintain a healthy weight through the science of nutrition and exercise.

The Modesto Library is located at 1500 I Street in Modesto, with free parking in the lot behind the library and on surrounding streets. For more information, please contact the Modesto Library at (209) 558-7814.

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