



FOR IMMEDIATE RELEASE
June 30, 2011

CONTACT: Mandy Rogers
Williamson Medical Center
615.435.5357

Williamson Medical Center to provide cooking demonstration at the Brentwood Library

FRANKLIN, Tenn. – While today’s busy schedules can make it difficult for families to cook at home, studies suggest families that eat together are healthier than their peers. If you are looking for great ideas for fun and easy recipes the whole family can enjoy cooking and eating together, Williamson Medical Center can help.

Williamson Medical Center registered dietitians Tracy Bruen, M.S., L.D.N., and Deanna Dillon, L.D.N., C.D.E., will present a cooking demonstration “Making Nutrition Fun and Kid-friendly” at 6 p.m., July 18, at the Brentwood Library.

“Putting together meals that not only meet your family’s nutritional needs, but also taste delicious and fit into your busy schedule is easier than you think,” Bruen says. “During a fun cooking demonstration, we’ll also discuss important nutritional advice for pre-teens, who are at an age where they are learning to make their own healthy food choices.”

To register for the cooking demonstration, call Robyn Zandi, Brentwood Library program coordinator, at 615.371.0090. You also may register through the library’s website.

Williamson Medical Center is a 185-bed hospital fully accredited by The Joint Commission that provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit williamsonmedicalcenter.org.

###