

BROWN BAG LEARNING SERIES (Brown Bag Brain Boost)

Join us from 12-1:00pm one Friday a month for an informal lunch time program featuring speakers from local businesses and organizations. A wide range of topics will be discussed that are educational and entertaining.

The Brown Bag Learning Series is free to the public. Guests are welcome to bring their lunch; refreshments will be provided.

**Friday, January 6
Main Library, Costin Room**

**New Year's Resolutions for a
Healthier Planet and Healthier You!**

Presented by Jenny Allen

Each New Year, many of us resolve to eat better, exercise more and get organized. What if we can accomplish all these things while making our planet healthier too? Join Jenny to explore simple ways to eat a healthier diet, reduce waste and decrease your carbon footprint.

ABOUT JENNY ALLEN:

A former teacher, Jenny has worked at FPL for 15 years. She is also one of the founders of Transition Framingham, encouraging people to move away from dependence on fossil fuels, towards a more resilient and sustainable future.



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