

# PRESS RELEASE

## FOR IMMEDIATE RELEASE

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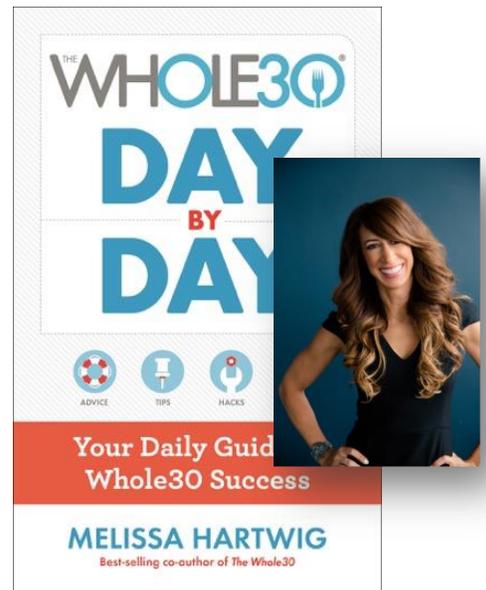
Dec. 7, 2017

## Author, nutritionist Melissa Hartwig to speak at Main Library

Best-selling author and co-creator of *The Whole30*, Melissa Hartwig, will discuss and sign copies of her two newest books *The Whole30 Day by Day* and *The Whole30 Fast & Easy Cookbook*, **noon, Saturday, Jan. 6**, in the Reading Garden Lounge at the Main Library.

*The Whole30 Day by Day* is the essential companion to the *New York Times* bestseller *The Whole30*. It's like having the Whole30's own Melissa Hartwig personally coaching readers through the Whole30 one day at a time, sharing a day-by-day timeline, personal motivation, community inspiration, habit hacks and meal tips.

*The Whole30 Fast & Easy Cookbook* is the follow-up to the *New York Times* bestseller the Whole30 Cookbook. These 150 recipes are perfect for weeknight cooking, lunches in a hurry and hearty breakfasts that still get you out the door in time.



Books will be available for sale, courtesy of Joseph-Beth Booksellers. This event is free and open to the public, and registration is not required. For details its, call 513-369-6900 or visit [CincinnatiLibrary.org](http://CincinnatiLibrary.org).

### About the Author

Melissa Hartwig is a Certified Sports Nutritionist who specializes in helping people change their relationship with food and create life-long, healthy habits. She is the *New York Times* bestselling co-author of *It Starts with Food* and *The Whole30* and has been featured by the *Today Show*, *Dr. Oz*, the *Wall Street Journal*, *Outside* and *SELF*. Melissa has presented more than 150 health and nutrition seminars worldwide and shares resources with, writes articles for, and provides support to more than 2 million people a month through the Whole30 website and social media feeds. She lives in Salt Lake City, Utah.

### About The Public Library of Cincinnati and Hamilton County

The Public Library of Cincinnati and Hamilton County is one of the oldest, largest, and busiest libraries in the United States, serving a population of over 800,000 with a collection of more than 9 million items. In support of its mission of connecting people with the world of ideas and information, the Library also offers a wide variety of services and more than 20,000 free programs each year. For more information, visit [CincinnatiLibrary.org](http://CincinnatiLibrary.org).