

NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

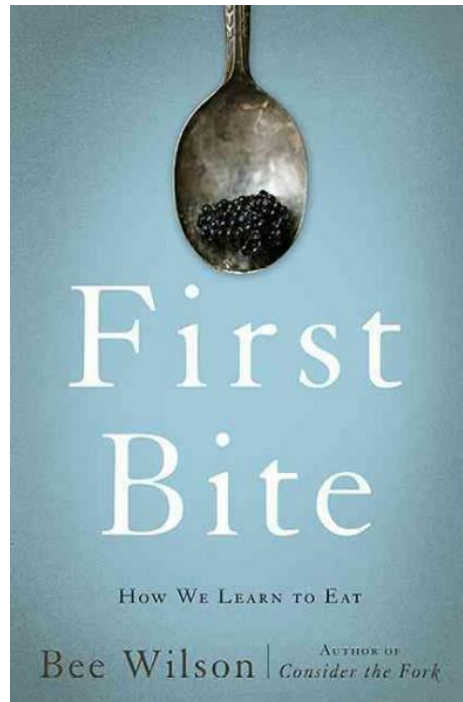
Date: March 23, 2018
Contact: Theresa Tetreau
360.374.6402 x7793; Ttetreau@nols.org
Re: Book discussion of *First Bite* by Bee Wilson at the
Forks Branch Library
Attached: *First Bite.jpg*

Inspire your inner scientist at the Forks Branch Library's Science Saturday Book Discussion Group! Read, explore, and discuss a broad range of popular science-themed titles. No reservations are needed and you may attend as often as you wish. The Science Saturday Book Discussion Group meets at the Forks Branch Library of the North Olympic Library System (NOLS) every first Saturday of the month at 12pm.

On Saturday, April 7, the group will meet to discuss *First Bite* by Bee Wilson. What are the origins of taste? In *First Bite*, beloved food writer Bee Wilson draws from the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors, including family, culture, memory, gender, hunger, and love. An exploration of the extraordinary and surprising origins of our tastes and eating habits—from people who can only eat foods of a certain color to an amnesiac who can eat meal after meal without getting full. *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

Copies of *First Bite* are available in various formats including regular print, large print, audiobook on CD and downloadable eBook, which may be requested online by visiting the library catalog at www.nols.org. A limited number of copies of each book discussion selection are available at the Library the month prior to each meeting. To view a complete list of the 2018 selections, visit www.nols.org/book-discussion-groups.

This program is generously supported by the Friends of the Forks Library. For more information about this and other events happening at the Library, visit www.nols.org, call 360.374.6402, or email Discover@nols.org. The Forks Branch Library is located at 171 South Forks Avenue.



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