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July 17, 2017

Berks County Public Libraries Participating in Multi-County “Summer Read”

For immediate Release—This summer, Berks County Public Libraries will be participating in a multi-county initiative for the second year. This event provides the public with a collective read about health and wellness. **A Summer Read** is currently underway at all 19 County libraries where participants can win a chance for a private book signing in September.

This year’s book, *Farmacology: Total Health from the Ground Up*, engages readers across Central PA in a conversation about the surprising connections between what we eat, how it’s grown, and our personal wellness. Written by Family Physician and Associate clinical professor at the University of California Daphne Miller M.D., *Farmacology* sets out to discuss cutting-edge farming practices and how they relate to health. A vineyard’s pest management strategy offering a new take on cancer care. A vegetable farmer teaching about the links between rejuvenating depleted soil and rejuvenating ourselves. From poultry farms to urban gardens, Miller searches to answer the question: How can our food systems make us healthier?

Now until September 30th, Berks County residents are encouraged to visit their local library to pick up a copy of the book. 30 winners across all participating counties will win a free copy of the book and meet the author for a private book signing. Miller is scheduled to speak on September 18, 2017 in Lancaster.

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*If you would like more information about this topic, please visit your local library or online at www.transforminghealth.org. **A Summer Read** is a WITF Transforming Health and Aligning Forces for Quality – South Central PA initiative sponsored by WITF, PennState Health, WellSpan Health, Capital Blue Cross, PA Forward, and Aligning Forces for Quality.*