

Townsend Hotel to Host Award-Winning Bloomfield Hills Author

The Townsend Hotel will be hosting Award-Winning Bloomfield Hills Author and speaker; MernaLyn for a Special 'Meet-and-Greet' on Wednesday, March 23rd from 4-6pm.

MernaLyn's Award-Winning Book; *The 10 Second Diet* is so self-empowering it was sent to The White House to work with The First Lady's initiatives. It reflects on how to live each day incorporating ethics and values.

As MernaLyn says;

*"It is important not only what you put into your body,
but what you put out into the world."*

MernaLyn will be featured in the March SEEN Magazine.

Meet the Diet Diva MernaLyn

the10seconddiet.com

at

The Townsend Hotel

100 Townsend St
Birmingham, MI 48009
248-642-7900

**Wednesday
March 23rd 2016
4:00 - 6:00 p.m.**

