

**FREE**

# Nutrition Class!

## *The Power of Nutrition for Better Health*

Thursday, March 26<sup>th</sup>  
from 1 to 2 PM

Willowbrook Office Complex  
Ground Floor, Conference Room #2  
12501 Willowbrook Road, Cumberland, MD

- *Power your day with nutrition*
- *Get science-based advice*
- *Stay nourished on a budget*
- *Feel good and develop healthy habits*

**Register today!**

Email [Theresa.Stahl@maryland.gov](mailto:Theresa.Stahl@maryland.gov) or call

**301.759.5270**

**Instructor:** Allegany County Health Department's Nutritionist, **Theresa Stahl**. Theresa is the author of the *I'm Full: Remindful Eating Tips to Feel Great and Make Peace with your Plate*, which has 52 tips to help you learn how nourishing yourself can be easy, fun, fulfilling, and delicious!



*Allegany County*  
**HEALTH DEPARTMENT**

"Healthy People, Healthy Communities"