

FREE

Nutrition Class!

The Power of Nutrition for Better Health

Thursday, March 26th
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*

Instructor: Allegheny 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!



Allegheny County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"