

## UPCOMING CLASSES

Food Safety for  
Better Health

June 25

from 1:30 PM – 2:30 PM

South Cumberland  
Library

Eating on a Budget for  
Better Health

July 23

from 1:30 PM – 2:30 PM

Washington Street  
Library

Discover the Power of  
Nutrition for  
Better Health

August 17

from 1:30 PM – 2:30 PM

Westernport Library at  
121 Main

Happy Habits for  
Better Health

September 24 from

1:30 PM – 2:30 PM

George's Creek Library

Herbs and Spices for  
Better Brain Health

October 22 from

1:30 PM – 2:30 PM

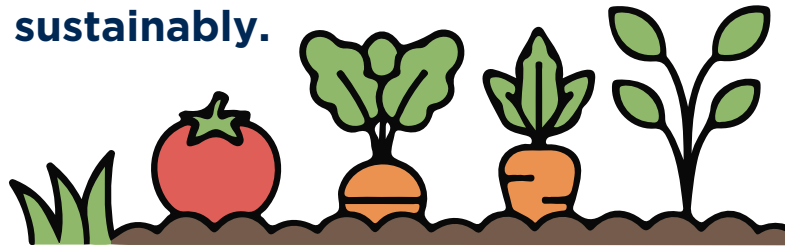
Frostburg Library

# Nutrition Class:

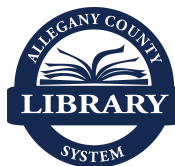
## Gardening and Buying Local for Better Health

**Thursday, May 28 from 1:30 PM – 2:30 PM**  
**George's Creek Library**

- Learn about health benefits of gardening and local produce to support physical and mental health.
- Get tips for shopping locally on a budget.
- Discover ways to eat seasonally and sustainably.



*Allegany County*  
HEALTH DEPARTMENT  
"Healthy People. Healthy Communities"



**OUR LIBRARY**  
**OUR LIBRARY**



Registration for each class is appreciated, but not required.

**301-463-2629**

**[www.alleganycountylibrary.info](http://www.alleganycountylibrary.info)**

**Classes taught by Allegany County Health Department's Nutritionist, Theresa Stahl, RDN, LDN, FAND. Theresa is a fellow of the Academy of Nutrition and Dietetics and is certified in mind-body medicine and chair yoga. She is the author of the book, I'm Full: Mindful Eating Tips to Feel Great and Make Peace with Your Plate.**