

UPCOMING CLASSES

Discover the Power of
Nutrition for
Better Health
Monday, August 17
from 1:30 PM – 2:30 PM
Westernport Library
at 121 Main

Happy Habits for
Better Health
Thursday, September 24
from 1:30 PM – 2:30 PM
George's Creek Library

Herbs and Spices for
Better Brain Health
Thursday, October 22
from 1:30 PM – 2:30 PM
Frostburg Library



Nutrition Class:

Eating on a Budget for Better Health

Thursday, July 23 from 1:30 PM – 2:30 PM
Washington Street Library

- Discover practical tips and budget-friendly recipes to stretch your food dollar without compromising on flavor or nutrition.
- Learn smart shopping tips and tools to plan and cook healthy meals.
- Take control of your food budget while enjoying satisfying, home-cooked meals.



Registration for each class is appreciated, but not required.

301-777-1200

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: Remindful Eating Tips to Feel Great and Make Peace with Your Plate*.