

UPCOMING CLASS

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



NURTURE
YOUR
BODY



Nutrition Class:

Happy Habits for Better Health

Thursday, September 24 from 1:30 PM – 2:30 PM
George's Creek Library

- Build simple daily habits that support a healthier, happier you.
- Discover on small lifestyle changes that can boost your mood, energy, and overall well-being.
- Explore easy strategies for nourishing meals, movement, sleep, and stress management that fit into real life.



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*.