



NURTURE
YOUR
BODY



Nutrition Class:

Herbs and Spices for Better Brain Health

Thursday, October 22 from 1:30 PM – 2:30 PM
Frostburg Library

- Boost your brain while adding more flavor to your meals.
- Learn how everyday seasonings can support memory, focus, and overall well-being.
- Discover simple ways to use herbs and spices in your favorite dishes to cut back on salt and sugar while keeping meals delicious



Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"



OUR LIBRARY
OUR LIBRARY



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*.

