

UPCOMING CLASS

Stress Management for
Balanced Living
April 18 from
10:30 AM – 11:30 AM
Frostburg Library

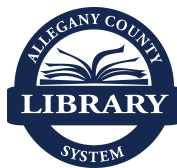
Nutrition Class: Meal Planning on a Budget

**Thursday, March 20 from 1 PM – 2 PM
Westernport Library**

- Would you like a roadmap to delicious, nutritious meals?
- Join us for 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.



Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"



OUR LIBRARY
OUR LIBRARY



Registration for each class is appreciated, but not required.

301-359-0455

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.*

