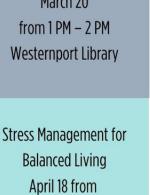
Taming Your Sweet Tooth January 6 from 4 PM - 5PM LaVale Library

Meal Planning on a Budget February 6 from 1:30 PM - 2:30 PM George's Creek Library

Meal Planning on a Budget March 20 from 1 PM - 2 PM

Balanced Living April 18 from 10:30 AM - 11:30 AM Frostburg Library



Nutrition Class:

Mindful Eating for the Holidays

Monday, Dec. 2 from 4 PM - 5 PM **South Cumberland Library**

- With the upcoming holiday season approaching, would you like to eat with more focus, instead of mindlessly munching?
- We'll use fun, hands-on activities to explore mindful eating.
- Learn how to connect with your hunger and fullness, savor each bite, and cultivate a deeper appreciation for food.
- Prepare for holiday parties and offerings of extra sweets with your new knowledge.







Registration for each class is appreciated. but not required.

301-724-1607 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.