

UPCOMING CLASSES

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
Westernport Library

Stress Management for
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.



Allegany County
HEALTH DEPARTMENT
"Healthy People. Healthy Communities"



OUR LIBRARY
OUR LIBRARY



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*.