

Want to change your relationship with food for the better?

We can help!

Join our FREE Nutrition Classes:

TAMING YOUR SWEET TOOTH

4:30 - 5:30 PM on the 1st Wednesday of each month.

Do you find yourself reaching for something sweet too often? Join our class to learn more about sugar and why we crave it. Learn nutrition facts, practical tips, and mindful eating tools to help you make informed choices, eat less sugar, and enjoy sweets in a smart way. Discover the secrets to living a healthier, happier sweet life.

MINDFUL EATING BASICS

4:30 - 5:30 PM on the 2nd Wednesday of each month.

Would you like to eat with more focus, instead of mindlessly munching? In this class, 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. Join us in this mindful approach to food that nourishes both body and soul.

MEAL PLANNING ON A BUDGET

4:30 - 5:30 PM on the 3rd Wednesday of each month.

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.

*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.**

**Classes are held on the ground floor of the
Allegany County Health Department
12501 Willowbrook Road, Cumberland, MD**

Learn more and register!

Email Theresa.Stahl@maryland.gov or call

301.759.5270



Allegany County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

