

Thinking about trying a more balanced and healthy lifestyle?



We can help!

Join our FREE Nutrition Classes:

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

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.

STRESS MANAGEMENT SKILLS FOR BALANCED LIVING

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

In today's fast-paced world, stress has become part of daily life, affecting both our minds and bodies. This class offers practical tools to manage stress and find balance through mind-body skills. We will explore skills like mindfulness, breathwork, and gentle movements. We will practice these skills and talk about how they work. Join us to learn how to manage stress better in a supportive group.

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.

Learn more and register!

Email Theresa.Stahl@maryland.gov or call

301.759.5270



Allegany County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

