

# 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 WITH GENTLE MOVEMENT SUPPORT GROUP**

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

In today's fast-paced world, stress can take a toll on both our minds and bodies. This monthly support group offers a safe and welcoming space to explore practical tools for managing stress. Together, we'll practice calming techniques like breathwork, meditation, and gentle movement, including chair yoga. Join us to nurture your well-being, build resilience, and find support in a caring community.

*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](mailto:Theresa.Stahl@maryland.gov) or call

**301.759.5270**



*Allegany County*  
**HEALTH DEPARTMENT**

"Healthy People, Healthy Communities"

