



Please Join Us in Celebrating Good Health!

NUTRITION AWARENESS WEBINAR

FOOD & MOOD: YOU ARE WHAT YOU EAT INSIDE & OUT

**SEPTEMBER 28TH
12:00PM – 1:00PM ET**

Learn about...

- The link between food and mood, sleep-wake cycles, and stress
- Specific foods that promote sleep, relaxation, and energy levels
- Red flag behaviors to avoid, to enhance overall mood

Click Here to Register

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