

Food and Mood, Fostering An Emotional Balance

WEDNESDAY, JUNE 7, 2023

Starts at 6 P.M.

Food and Mood, Fostering An Emotional Balance

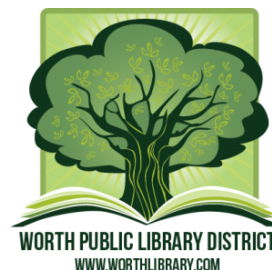
Dig into the relationship between nutrition, stress, and our mental well-being with nutritionist Emily Szajda. All ages can benefit from learning useful tools and easy self-care practices to minimize pressure and anxiety. Come ready to taste a few recipes that support a healthy nervous system and balanced mood.

Generously sponsored by Mom's Meals.



Location:

Worth Public Library
6917 W. 111th St.
Worth, IL



Expert Speaker:

Emily Szajda is a professional chef, writer, yoga & meditation instructor, and sports nutritionist.



REGISTRATION REQUIRED.

Call Audrey at the library at 708-448-2855 x8.



This event is open to all at no cost. For more information, please visit pathlights.org or scan this code.



Pathlights

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Pathlights guides people along the path to aging in Southwest Suburban Cook County.

Call 708.361.0219

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