

JOIN OUR

Nutrition and Stress Management

VIRTUAL CLASS

We all feel stress in different ways, but the impact that stress has on the human body is universally challenging.

In this presentation, a Registered Dietitian, will provide education on what is happening to our bodies when we are stressed and how a healthy diet can help. They will share tips, best practices, and resources for maintaining a healthy lifestyle during times of stress.

TUESDAY FEBRUARY 11TH

12:30 PM



SIGN UP NOW

Register by emailing
hcwellness@tompkins-co.org or
click the link above.

