



The Nutrition and Stress Connection:

Unraveling the Mystery

Did you know that what you eat affects your stress levels?

Simple adjustments to your diet can help reduce your stress level.

Bring your lunch!
Wednesday, August 5th
12:00 - 1:00 pm
SRWC Health Education Room

Presented by: Debra Meyer, RD and Starr Wharton, MS, CHES