What We Eat/How We Eat: Building a Partnership for Health and Vitality

Eating is so much more than satisfying our hunger. The right food nourishes the body, the mind and the spirit. In this workshop we will explore our own habits around eating, nourishment, health and energy. If we change our brain, our behavior and our body we can access optimal health, energy and body weight. We will discuss techniques to make overall health and wellness a reality.

Bring a journal or notebook and a favorite pen.

Date: August 3, 2021

Time: 1:30-3:30

For more information and to register contact: Wiawaka Center for Women to Register.
518 668-9690 or https://wiawaka.org/lectures-stories/