

# FOOD FOR THOUGHT: MEALS AND THE MIND

Join us for an insightful workshop exploring the powerful connection between nutrition and mental health. Learn practical tips for making mindful food choices that can enhance mental clarity, boost mood, and promote emotional balance. Don't miss out on this opportunity to nourish both body and mind!

**March 22nd from 12:00 PM - 1:00 PM**

**Whittier Wellness Community  
7643 S Painter Ave.  
Whittier, CA 90606**

For questions: (562) 775-6104

