

FOOD AND MOOD PROGRAM

Now that the kids are back in school, take care of yourself by learning how nutrition can support your mental health and wellbeing! This 8-week program provides fascinating insight on how what we eat affects how we feel.

PROGRAM INCLUDES:

- ✓ 8 weekly one-hour virtual classroom sessions
- ✓ 3 Individual Nutrition Counselling Sessions

100% **FREE** with your Blue Cross insurance plan! Call or email with questions about cost if you have a different insurance.

Mondays 12 - 1 pm
September 9 - October 28

Taught by Tara Sherman, RD, CSR, CDN

Tara graduated from SUNY Plattsburgh with a degree in Nutrition and has worked in several different arenas during her 20+ year career as a Registered Dietitian. She loves supporting people on their journey to better health.

She enjoys wakeboarding, running, and watching her kids compete in athletics.



READY TO GET STARTED?

Email wellness@edgevt.com, call (802) 383-0676, or scan the QR code!

