

NUTRITION & WELLNESS: VIRTUAL INFORMATION SESSION FOR WOMEN



RISE (Resilience. Independence. Support. Empowerment)

Supporting Women who are experiencing Gender-Based Violence

In Collaboration with
Stanley Care Wellness



Thursday, January 9, 2025 | 2:00 p.m. – 3:30 p.m.

**Join us for a virtual information session on Nutrition and
Mental Well-Being**

- Supporting Your Mind Through Food – Exploring the connection between nutrition and mental well-being.
- Emotional Eating and Cravings – Strategies to overcome emotional eating, regulate mood, and build a healthier relationship with food.
- Stress Management and Mindful Eating – Tools and practices to reduce stress, foster mindfulness, and improve overall mental wellness.

Register:

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Register Now

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