



You are invited to

Food & Mood

a free class on nutrition and mental health

Each 90-minute session will focus on foods that help with depression and anxiety.

Open to 15 adult participants who will gather together for sensory engagement, mindful eating, and group discussion.

2nd Wednesdays of the month

Feb 12 - Mar 12 - Apr 9 - May 14

3:30 to 5:00 pm

Dunbar Conference Room 7-4269

Lower Level, Fanny Allen Campus

790 College Parkway, Colchester, VT 05446

2nd Fridays of the month

Feb 14 - Mar 14 - Apr 11 - May 9

10:30 to 12:00 pm

Community Room

Brown Public Library

93 South Main Street, Northfield, VT 05663

OR

Sign-up by sending an email to Emily.Sheppard@uvmhealth.org

****Please include the location and date(s) you will attend****

