

MCPS Well Aware presents

The Surprising Impact Food Has on Your Mental Health

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Does food impact your mood? Yes, it does! It also affects your energy and more! Learn how foods impact you physically, emotionally, and mentally from the moment you eat them.



- **WEDNESDAY,**
SEPTEMBER 20,
2023
4:30–5:30 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the login information.

