



BEWELL WELLNESS WORKSHOP

Food, Mood, and Behavior

“You Are What You Eat & What You Do:
How Food, Exercise and Sleep Affect Health, Mood,
and Behavior”

THURSDAY, JANUARY 31, 2019
5:00 P.M. - 7:00 P.M.
MERRIFIELD CENTER

In this workshop, you'll learn about:

- Key definitions of "food," mood and behavior
- The Wild, Wild Western lifestyle of diet and activity
- What and What Not to eat and do
- The How, Where and When to do it
- And more!

To attend this free seminar, register online at <http://bit.ly/BeWellWorkshop>

BeWell

A primary and behavioral health care integration initiative.



FAIRFAX - FALLS CHURCH

**Community
Services Board**