



FAIRFAX - FALLS CHURCH

**Community  
Services Board**

2019 BEWELL  
SEMINAR SERIES

# FOOD, MOOD AND BEHAVIOR

*and Activity!*

## Making Positive Choices, One mindful step at a time...

Tuesday, February 19, 2019

5:00 to 7:00 PM

Merrifield Center

8221 Willow Oaks Corporate Drive

This is Part II in a series of BeWell Community workshops that explore the mid-body connection surrounding food, exercise and emotional wellness.

Learn how to help yourself, or someone you care about, understand the mind-body connection surrounding food, exercise and sleep.

Register online

<http://bit.ly/BeWellWorkshop>



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. Call 703-324-7000, TTY 711. February 2019

