



FAIRFAX FALLS CHURCH
Community
Services Board

BeWell



A BEWELL FOUR PART SEMINAR SERIES

FOOD, MOOD, AND BEHAVIOR

**"YOU ARE WHAT YOU EAT & WHAT YOU DO:
HOW FOOD, EXERCISE AND SLEEP AFFECT
HEALTH, MOOD, AND BEHAVIOR"**

Register today!

<http://bit.ly/FMBSeminar>

Thursday, June 27, 2019
5:00 pm to 7:00 pm

Northwest Center, 1850 Cameron Glen Drive, Suite 600, Reston



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. For information, call 703-324-7000, TTY 711. (June 2019)

