



FAIRFAX - FALLS CHURCH

Community  
Services Board

BeWell



A BEWELL FOUR PART SEMINAR SERIES

# FOOD, MOOD, & BEHAVIOR...

*featuring Chair Yoga*

Join in the fun of exploring the connections between mind and body. Learn about the impact that nutrition, sleep, and activity-level has on behavior in a friendly, educational, hands-on setting.

Register today!

<http://bit.ly/CSBChairYoga>

Tuesday, July 30, 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)