



# BEWELL WELLNESS WORKSHOP

## NUTRITION: ITS IMPACT ON YOUR FOOD, MOOD AND BEHAVIOR

Part 3 in a series of BeWell community workshops that explore mind-body wellness.



"I am losing weight with the knowledge you have given me. The seminars are great!"  
*-- Participant who has attended Workshops 1 and 2*



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

**THURS., MARCH 28, 2019**

5:00 p.m. to 7:00 p.m.  
Lower Level Room 419  
Merrifield Center, 8221 Willow Oaks Corporate Dr.  
Fairfax, VA 22031



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