

## \*\*\* FOOD AND STRESS - HOW DO WE MANAGE? \*\*\*

Calling all Mamas, Sisters, Aunties, Daughters to be engaged with health education and resources that celebrate and support our well-being. BeGause of Love Health and Wellness, in partnership with BPHN, offers resources and services to Black Montgomery County Residents.

Join us on **Saturday, February 24th at 12pm** at the Upper County Community Center for the next workshop, "My Carbs, My Stress, What's the Link". You will learn about how our stress and food choices impact our overall health. Pick up some practical tips from the grocery store to the table. Enjoy social time, refreshments, and giveaways. Bring a friend and you both will receive a gift. The registration link can be found on the church website. <https://MyCarbsMyStressWhatsTheLink.eventbrite.com>

Please contact Sis Yvette Gause for more information

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