



Food For Mood
Functional Nutrition, LLC

Beat the winter blues!

**Help your teen eat healthy to improve
their mood ...**

Works on adults too!

Tuesday November 16, 2021

7pm-8pm

Q & A to follow

Follow link or scan QR code to join via ZOOM

<https://us02web.zoom.us/j/83995789128>



Free presentation provided to our community by the WHRHS PTO