

MOODS AND FOODS

REHAB
AT RIVER'S EDGE



FOR AGES 55
AND OVER

PRESENTED BY REHAB AT RIVERS EDGE

THURSDAY, DEC. 5TH

1:00PM

FREE

COMMUNITY/SENIOR CENTER,
505 DEMOTT LANE, SOMERSET

REGISTRATION REQUIRED ONLINE @
WWW.FRANKLINREC.ACTIVITYREG.COM OR
IN-PERSON AT THE CENTER

Learn about how your lifestyle and food choices can support your mood. We will introduce several foods and delve into the idea of how they can affect how we feel emotionally, mentally, and physically. We will explore healthy eating, the food-mood connection, and how we might make changes in our diet to get the desired mood outcome we want.