

Food and Mood

What you eat directly and indirectly affects your moods, energy level, food cravings, stress levels and sleep habits. In this workshop based on Elizabeth Somer's science-packed best seller, Food & Mood: The Complete Guide to Eating Well and Feeling Your Best, and other resources, we will explore practical tips for eating to:

- Improve mood & fight stress
- Manage cravings
- Boost memory and brain function
- Improve sleep
- Increase energy levels