

# CAN YOU REALLY EAT YOUR WAY TO A HEALTHIER MENTAL STATE?

**Tuesday, March 9, 2021 at 6:30 PM**

Join registered dietitian, Jessica Pellicciotta, MA, RD,LDN as she explores the emerging evidence related to food, nutrition and mood. She will share with us how certain lifestyle and diet modifications can help us to manage anxiety, stress and emotional eating. We'll cover practical ideas for including nutritious, non-inflammatory foods for snacks and meals and simple strategies that make sense for busy parents and kids of any age.



Register on the [events page at wcctc.org](https://www.wcctc.org/events) to receive the Zoom link.

Presented By:

