



ST. MARY'S COUNTY  
HEALTH DEPARTMENT

# April

## NUTRITION CLASSES



FREE

**MARGARET BRENT  
MIDDLE SCHOOL**  
**SCHOOL-BASED HEALTH CENTER**  
**WEDNESDAY'S AT 3:00PM**  
**OPEN TO STUDENTS, STAFF & FAMILY**

- ▶ **April 4th - Nutrition & Stress**  
Learn about the relationship between nutrition and stress; and how to relieve stress without overeating.
- ▶ **April 11th - Eating Personalities**  
Discover the different types of eating personalities and the principles of intuitive eating.
- ▶ **April 18th - How Sleep Effects Health**  
Learn about the effect of sleep deprivation to your health, the benefits of adequate sleep and easy tips to improve sleep.
- ▶ **April 25th - Dietary Supplements**  
Learn important facts about common dietary supplements including vitamins, diet pills and sports supplements.

Email [smchd.sbhc@maryland.gov](mailto:smchd.sbhc@maryland.gov) to learn more!

CALL TO ENROLL: 240-434-6059

