



ST. MARY'S COUNTY
HEALTH DEPARTMENT

April



NUTRITION CLASSES



**SPRING RIDGE
MIDDLE SCHOOL**
SCHOOL-BASED HEALTH CENTER
WEDNESDAY'S AT 2:30PM
OPEN TO STUDENTS, STAFF & FAMILY

- ▶ **April 5th - Nutrition & Stress**
Learn about the relationship between nutrition and stress; and how to relieve stress without overeating.
- ▶ **April 12th - Eating Personalities**
Discover the different types of eating personalities and the principles of intuitive eating.
- ▶ **April 19th - 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 26th - Dietary Supplements**
Learn important facts about common dietary supplements including vitamins, diet pills and sports supplements.

Email smchd.sbhc@maryland.gov to learn more!

CALL TO ENROLL: 240-434-6059

