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Balanced & Thriving:

How Food, Mind, and Movement Work Together



Nutrition

Good Nutrition provides necessary nutrients and energy to maintain a healthy body and brain, enhance brain function, regulates mood, and support emotional stability and mental wellbeing.

Mental Well Being

Good Mental Health requires healthy food and movement to support a healthy body, brain, and overall mental wellbeing.

Physical Activity

Regular physical activity reduces stress and anxiety, improves mood, boosts cognitive functions, and enhances overall mental wellbeing.