

Food and Mood - Nutrition for Adults

Lily Hanna founder of the “Food and Mood” workshops is a nutritional and stress management practitioner. She has a Master’s in Psychology and Graduate certificates in Nutritional Science and Integrative Nutrition. Her office is located in the Natural Health Medical Center.

Join us and learn more about nutrition, food and mood.

December 6, 2025

Strategies to Boost Your Immune System and Lower Your Stress Level Over the Holidays

January 17, 2026

Good Nutrition - How To Get Back-on-Track After the Holidays

March 14, 2026

Metabolic Health and Insulin Resistance

Contact Information:

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Saturday(s),
December 6, 2025
January 17, 2026
March 14, 2026

11:00am-Noon

**Main Library
Meeting Room - Floor 2**