

# 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**