HOW STRESS & NUTRITION AFFECT YOUR HEALTH

Attend this workshop to learn how your choices affect your overall health and well-being when it comes to nutrition and handling stress. Learn about foods that have been identified as having influences on the body’s energy levels and how caffeine affects stress and your nutrition.

JULY 28, 2021
1:00 - 2:00 PM MST
PRESENTER - COACH KELLY

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Questions? Contact Kelly at wellness@aura-astronomy.org