

# Eat Your Way Out of Anxiety & Depression

*How to Balance Mood through Food*

Anti-depressants are among the most commonly prescribed medications. And although sometimes, meds are truly needed, **often some simple changes in diet and lifestyle can dramatically improve how you think and feel.**

You have to eat. Make your food work for you so you feel your absolute best!

**Come learn more!!**

Led by: **Cheryle McKee, MS, CNS, LDN**

Board-Certified Nutritionist &  
Founder of Nourishing Abundance, LLC

When: **Tues., Feb. 16th at 6:30pm**

Where: **Natural Health & Wellness Center**  
252 E. 6<sup>th</sup> St., Frederick, MD 21701

Cost: \$25

Sign up: [nourishingabundance.com/classes](http://nourishingabundance.com/classes)

