



FIGHT STRESS WITH FOOD

What we eat impacts our overall health. Making nutrient rich foods a part of your diet can help you build resiliency in order to handle stress more effectively. Learn more at this free lunchtime workshop presented by OSU Extension.

WEDNESDAY, FEBRUARY 26, 2020 12:00-1:00 PM

Location: ProMedica Ebeid Institute

1806 Madison Ave, Toledo, OH 2nd Floor above Market on the Green

Cost: FREE

Details: Lunch is not provided. Please feel free to bring your own.

RSVP: email MarketOnTheGreen@ProMedica.org
or call 567-585-0201



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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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