

# Is Your Food Stressing You Out?

Presented by Joanna Chodorowska, BA, NC

Founder & Director of *Nutrition in Motion*, sports nutrition coach, swim instructor, triathlon coach and competitive triathlete

## *Is Your Food Stressing You Out?*

*Come to this informational seminar to learn about the relationship between stress, and your food choices. You will find out some of the reasons stress causes us to 'eat the wrong things', gain weight, and then be more stressed about what we ate. We will teach you how to make better food choices to help counteract the stress response!*

*With the holidays coming, the last thing you want is to wake up and say, 'oh, crap i gained weight...again' or 'OMG i feel soooo tired'.*

*Stress is one of the silent killers. But the foods you eat might be making it worse!*

*Come find out for yourself, - are YOUR foods stressing you out??*

*Stop reaching for the unnourishing foods that make you more stressed and anxious!*

Thursday, Nov 17, 2011 and Jan 19, 2012 @ 7:00 pm – 8:30 pm

Harmony Hill Gardens

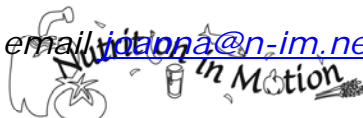
1341 Mill Road, Sellersville, PA

**Register Now! Space is Limited!**

**\$20 per person**

Register online at <https://quickclick.com/r/73dri>

Call 215-272-6774 or email [joanna@n-im.net](mailto:joanna@n-im.net) for more information



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