



Allegany County Library System
31 Washington Street, Cumberland, MD 21502
(P) 301-777-1200 (F) 301-777-7299

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PRESS RELEASE

Contact:

Ashley Swinford
Director of Marketing and Outreach
301-777-1200 Ext 1051
aswinford@alleganycountylibrary.info

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FOR IMMEDIATE RELEASE

Title: Library Hosts Health Department for Free Nutrition Classes to Promote Healthier Living

The Allegany County Library System and Allegany County Health Department are excited to collaborate for a new series of free nutrition classes designed to support the health and wellness of our community. These engaging and practical workshops will help participants develop healthier habits, tackle common challenges, and enjoy a more balanced lifestyle.

The first class, "Mindful Eating for the Holidays," will be held on Monday, December 2, from 4:00 – 5:00 p.m. at the South Cumberland Library. With the holiday season fast approaching, this workshop will teach attendees how to eat with intention and awareness. Through fun, hands-on activities, participants will learn to connect with their hunger and fullness cues, savor each bite, and cultivate a deeper appreciation for food. Gain tools to navigate holiday parties and sweet treats while nourishing both body and soul. Registration is appreciated, but not required for this series.

Additional Upcoming Classes include:

Taming Your Sweet Tooth

Monday, January 6, 4:00–5:00 PM at LaVale Library

Learn strategies to reduce sugar cravings and find healthier alternatives for your favorite treats.

Meal Planning on a Budget

Thursday, February 6, 1:30–2:30 PM at George's Creek Library

Thursday, March 20, 1:00–2:00 PM at Westernport Library

Discover tips and tricks to plan nutritious meals without breaking the bank.

Stress Management for Balanced Living

Friday, April 18, 10:30–11:30 AM at Frostburg Library

Explore practical techniques to manage stress and promote emotional well-being for a healthier life.

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All sessions are led by Allegany County Health Department Nutritionist, Theresa Stahl, RDN, LDN, FAND. Theresa is a fellow of the Academy of Nutrition and Dietetics and is certified in mind-body medicine and chair yoga. She is the author of the book, *I'm Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate*.

Theresa shares, "I hope participants enjoy these sessions, come ready to share and learn, and leave feeling motivated and inspired to make small, meaningful changes that enhance their overall health and well-being."

For more information, visit the library's website at www.alleganycountylibrary.info or contact your local library branch.

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