



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

**OUR LIBRARY**  
OUR LIBRARY

## PRESS RELEASE

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## FOR IMMEDIATE RELEASE

### Title: **Library Hosts Health Department for Another Series of Free Classes to Promote Healthier Living**

CUMBERLAND, MD — The Allegany County Library System, in collaboration with the Allegany County Health Department, is pleased to announce a second round of free community health and wellness classes designed to promote healthier living through accessible, expert-led education.

Led by Registered Dietitian Nutritionist Theresa Stahl, RDN, LDN, FAND, each workshop provides practical tools to support wellness through mindful eating, stress management, and smart food choices—all tailored to everyday life. Stahl, a certified mind-body medicine practitioner and author of *I'm Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate*, brings compassion and real-world strategies to every session.

“We had such an enthusiastic response to the first series, and we’re thrilled to offer even more opportunities for the community to learn and connect,” said Stahl. “These classes are welcoming, interactive, and focused on small, sustainable changes that can make a big impact.”

### Upcoming Classes include:

#### Stress Management for Balanced Living

*Thursday, August 7 at 1:30 PM — George’s Creek Library*

*Thursday, October 9 at 1:30 PM — George’s Creek Library*

Learn mind-body skills and practical tools to reduce stress and support emotional well-being.

#### Healthy Meal Planning on a Budget

*Friday, September 12 at 1:30 PM — South Cumberland Library*

*Thursday, January 8, 2026 at 1:30 PM — Washington Street Library*

Stretch your grocery budget without sacrificing nutrition or flavor.

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[www.alleganycountylibrary.info](http://www.alleganycountylibrary.info)





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### Taming Your Sweet Tooth

*Friday, November 14 at 1:30 PM — Frostburg Library*

Understand sugar cravings and explore healthier alternatives.

### Mindful Eating for the Holidays

*Friday, December 12 at 1:30 PM — LaVale Library*

Practice awareness-based eating strategies to better navigate holiday indulgences.

All classes are free and open to the public. Registration is appreciated, but not required. For more details and to register, visit [www.alleganycountylibrary.info](http://www.alleganycountylibrary.info) or contact your local library branch.

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