We all experience stress—it is a normal part of life. But stress can adversely affect our physical and emotional health, so it is important to get stress levels under control. Smart nutrition is a very important component in managing stress. Eating the right foods can decrease your levels of stress and anxiety, while eating the wrong foods can actually increase them. We show you which foods are best for managing stress, and provide an entertaining and fun cooking demonstration with delicious food samples, and easy-to-make recipes for home use.

For first time attendees, we will also be providing you with a copy of the Chef Marshall Smart Nutrition Workbook that gives you a great way on how to get started making those changes that increases your quality of life.

You will love the way you feel!

You can also visit: [www.spps.org/employeewellness](http://www.spps.org/employeewellness) to register.

**Wednesday April 19th, 3:30pm-4:30pm at Washington Technology:**
[https://www.surveymonkey.com/r/G53GBDL](https://www.surveymonkey.com/r/G53GBDL)

**Wednesday April 20th, 4:30pm-5:30 at 360 Colborne:**
[https://www.surveymonkey.com/r/BWT8SCY](https://www.surveymonkey.com/r/BWT8SCY)