

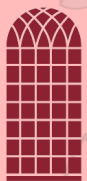
Do you eat when you're stressed?

Learn how stress, relaxation,
feelings, and long-held beliefs
impact your eating habits

Thursday, November 8
10:00AM, Lecture Hall



Kali Patrick is a mind-body wellness coach who uses yoga, nutrition, and psychology to help people live better.



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