



## PHILADELPHIA AIRPORT WORKSHOP PRESENTATION

### ***“FOOD, MOOD & YOU”***



Have you been eating more during COVID? Do you find yourself gaining a few extra pounds? Can't stop the cravings for certain foods? This workshop will have you walk away with a better understanding of how your mood and food fit together. More importantly, you'll learn simple steps you can take immediately to start feeling like you are more in control. You don't want to miss this!

**Presented by: Carol Rickard, LCSW**

**When: Thursday, November 9, 2023**

**Time: 12:00 PM to 1:00 PM**

**Where: Anyplace you like – it's virtual!**

***Don't struggle, contact your EAP.***