

# YOUR STRESS & YOUR PLATE



Stress, good and bad, impacts the choices you make for your body and your plate.



## How Does Diet Affect Stress?

You will learn tips on staying active and eating healthy during stressful times.

4-week virtual "Your Stress & Your Plate" Program.  
Session every Wednesday on April 7, 14, 21, & 28, 2021  
English at 9:30 -10:30 a.m. & Spanish 10:30 – 11:30 a.m.

Register at: <https://forms.gle/E5aVyjwk9FuALhm57>

(Meeting [link](#) will be sent prior to session)

For more information contact: Cameron County Extension Office at (956) 361-8236

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