

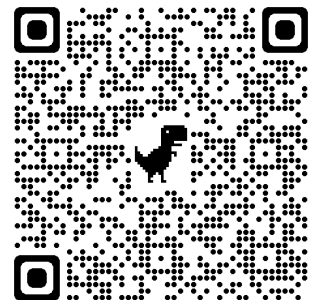


# Managing Stress with Diet & Nutrition

**Lunchtime Series**  
**Wednesday, December 6, 2023**  
**12 noon**  
**Rotary Room**

**Just in time for the holidays. What you can change, avoid or add to your diet to help your physical body handle stress.**

**The talk will be given by Dr. Cathy Brodows. She has served as a wellness practitioner and chiropractor adjusting people back to health for over 25 years. She is a native New Yorker. She brings her knowledge of holistic healing into each patient room and into the community with health talks.**



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