

**POSITIVE LIVING  
HEALTH AND  
WELLNESS**

774-992-7273

**Every Wednesday**

Session will be held  
in person at  
862 Ashley Blvd.  
New Bedford  
MA 02745

For more information  
on who we are and  
what we do, visit our  
website at  
[www.positivelivin.com](http://www.positivelivin.com)



**8 Week Group  
with Leonia Alves**

# FOOD AND MOOD





Relationship Between Food & Mental Health

Science Behind Nutrition and Wellness



What is Mental Illness? Why the increase?



Good Foods



Bad Foods



The Brain



Depression



Anxiety

