



Food and Mood Virtual Support Group

*Dr. Andrea Cook, Ph.D., Licensed Psychologist
and Functional Medicine Certified Health Coach*

Many of us struggle with anxiety, sadness, depression, and irritability. Improving our nutrition habits is an important part of maintaining a positive mood. It can be hard to know where to start, and even harder to maintain long-term dietary changes. This psychoeducation group will provide information about links between how we eat and our emotional health, and will help members to make sustainable lifestyle changes.

Virtual sessions held weekly for 3 weeks
Saturdays, 2:00-3:30 pm
February 29 to March 14, 2020
\$150 for the series
drandreacook.com 650-489-2299