



MMHG Wellness Presents:

Food and Your Mood:

**You Are What You Eat Inside and Out
A Nutrition Awareness Abridged Video
*View anytime!***

Watch and learn:

- The link between food and mood, sleep-wake cycles and stress
- Specific foods that promote sleep, relaxation, and energy levels
- Red flag behaviors to avoid, to enhance overall mood

CLICK HERE TO WATCH

Or use link:

<https://vimeo.com/433665941/620b3cf666>

This 12- minute abridged video is free and available for a limited time to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents to view at their convenience.

Visit www.mmhg.org/wellness to find more abridged wellness videos and a full calendar of wellness programs and events.