



Wayne
County
Community
College
District



School of
Continuing Education &
Workforce Development
Wayne County Community College District

Nutrition and You -
**Foods
that
BOOST
Your
Mood**



Did you know the foods that you put into your body can determine how you feel? Research has proven diets can influence your mood. Please join us to learn what are the best foods for enhancing your mood.

Tuesday, May 24, 2022

1:00 p.m.

VIRTUAL

[Click here to join the meeting](#)

FOR MORE INFORMATION, VISIT WWW.WCCCD.EDU OR CALL 313-496-2704

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