

An initiative of the Counselling & Psychological Service in collaboration with the UWI Peer Counselling Association.

EVERY
MIND
MATTERS

Join us for a **Mood Food** workshop



at Milner Hall
Friday 27th Oct, 7pm – 8:30pm

Explore the relationship between what you eat
and how you feel & think.
Sample snacks & try recipes for quick & easy foods.

Improving your diet can help give you:

- positive feelings
- better concentration
- improved memory
 - more energy
 - calmer moods

You must **register by Wed 25h October**

Email **counsellor@sta.uwi.edu**