



comprehensive wellness™

Comprehensive Wellness presents

# COLLEGE BOUND STRATEGIES

Thursday, July 19  
6:30-8:30pm

\$65 per participant

## IMPACTFUL TECHNIQUES FOR MANAGING ANXIETY & FEELING GOOD WITH FOOD

Going to college, whether around the corner or across the country, can be a very anxious time in one's life. We will share strategies for stress/anxiety management, as well as talk about how foods enhance how our brain works and how we feel. Students will learn about:

- Relaxation techniques for focus and creativity
- Strategies for calm confidence through transition
- Foods that improve our mood and give us the most energy
- Foods for individual benefits including alertness, better sleep, clear skin, and better digestion
- The knowledge of blood sugar "highs and lows" to manage your personal diet
- Plenty of ideas for snacks, dorm food, eating at the cafeteria and eating out on the run

CELESTE JOHNSON, RD  
*Nutritionist*

Passionate about educating young adults about the power of food, Celeste's goal is to empower young people to make healthy choices that will benefit them for a lifetime.

REBECCA BERKE, BCH  
*Mindfulness Specialist/  
Hypnotherapist*

Rebecca Berke has spent decades treating issues with stress, sleep, and weight management.

**RSVP today!**

Call us 925.464.3916 to reserve your spot.  
Any questions? Email [rberke@comprehensivewellness.org](mailto:rberke@comprehensivewellness.org)