



## **BALTIMORE COUNTY BAR ASSOCIATION**

### **Professionalism Committee**

May Virtual Wellness Series – 3<sup>rd</sup> in a Series of 6  
*Stress Eating: Strategies to Help Put You Back in the  
Driver's Seat When Life Throws You Off Course*

**Tuesday, May 19, 2020**

**10:00 a.m.**

SPEAKER	<b>Christine Woods, MEd, ACSM-CCEP, CSCS</b> Clinical Exercise Physiologist, Personal Trainer, and Group Exercise Instructor <a href="http://christinewoodsfitness.com">christinewoodsfitness.com</a>
PROGRAM CHAIR	William F. Alcarese, Jr. Suzanne K. Farace Ari J. Kodeck
LOCATION	Virtual – link will be emailed upon registration
COST	BCBA Members, FREE: Non-Members, FREE

*Learn about your brain and the cycle of emotional/stress eating, developing awareness of what triggers overeating, and tools to help you opt out of the stress eating cycle.*

#### **Wellness Series**

**May 6, 11am**, Wellness Wednesday with Wendy

**May 11, 11am**, Managing Children at Home While Working Remotely

**May 19, 10am** Stress Eating; Strategies to Help Put You Back in the Driver's Seat

**May 21, 11am**, Work from Home Ergonomics: You don't need to suffer

**May 26, 3pm**, Flow & Strengthen Yoga

**May 28, 11am**, Stretching for Stress Relief: Movement for the whole family

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