



# Go! Gaithersburg Spring Sessions

Discover and Learn. Sign-up today!

Gaithersburg RecXpress:

<https://apm.activecommunities.com/gaithersburgmd>

Workshops taught by Mandy Tumulty

## Grocery Store Tour: Eating the Rainbow (p. 29 of guide)



Age: 4- 15 (Parents attend free)

Length: 1.5 hrs

Instructor: Tumulty

9828	4/18	Saturday	10:00am	Whole Foods Kentlands	1	\$35 (resident); \$38 (nr)
9829	5/16	Saturday	10:00am	Whole Foods Kentlands	1	\$35 (resident); \$38 (nr)

Looking to add a greater variety of fruits and veggies to your family meals? Wondering how to make it fun, no-hassle, and interactive for you and your kids? Join us for a tour of the grocery's perimeter and learn how "Eating the Rainbow" can be fun, tasty, and increase your disease busting phytonutrients! Put learning into action by using the fun, phytonutrient "Rainbow" checklist to empower your kids (and your whole family) to eat more colors of the rainbow at each meal! Everything is provided, just come learn and have fun together!

## Title: Power Up Your Brain: Strategies to Optimize Your Brain (p. 37 of guide)



Age: 16+

Length: 1.5 hrs

Instructor: Tumulty

9834	4/24	Friday	5:30pm	ACBP 1	1	\$35 (resident); \$38 (nr))
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**Description:** Interested in learning how to optimize your brain? In this workshop we'll explore key lifestyle factors that impact brain health (*sleep and relaxation, exercise & movement, nutrition, stress, relationships & community*) and how to maximize them for success, research-based strategies that support brain health, and how you have the power to modify your lifestyle to maximize your personal wellness.

## Title: Discover Your Character Strengths: Flourish in Your Life! (p. 37 of guide)



Age: 16+

Length: 1.5 hrs

Instructor: Tumulty

9830	4/3	Friday	6:00pm	ACBP 1	1	\$35 (resident); \$38 (nr)
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