Tuesday, February 20
8:30 - 9:30 a.m.

JCK 460
Avery 365

Health and Wellness Series: Gutsy Moves

Can your food influence your mood? Can it alter your emotions?

Part 2 Gutsy Moves will expand on last month’s Mind Matters' foundational knowledge by meeting a mystery player that responds directly to your food choices and influences your brain without your knowledge. You’ll learn what it is, how it works, and how you can leverage it to your advantage!

To register, visit: ibis.sap.txstate.edu