

Darienite

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'Stress and Pressure Surrounding Food' Brown Bag Lunch at the Depot on Thursday

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Darien Depot Youth Center invites you to a brown bag lunch on Thursday with a discussion about “Stress and Pressure Surrounding Food — Where Does It Come From? And how to Destress.”

— *an announcement from Darien Depot Youth Center*

Daisy Blakney will be leading this lunch discussion from 11:30 to 1 p.m., Thursday, Feb. 6 at the Depot, 25 Heights Road.

She is a health and life coach, a mentor with the National Association of Anorexia Nervosa and Associated Disorders, and a teacher/studio manager at Pure Barre, Diet Tech at The Center for Discovery.

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She's a firm believer that what you eat is a big part of what you are on the inside and out. Her main objective is for everyone to leave this discussion with an understanding that their minds, bodies, and souls are all connected.