



Go! Gaithersburg Winter Sessions

Discover and Learn in the New Year. Sign-up today!

Gaithersburg RecXpress:

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

Workshops taught by Mandy Tumulty

Title: Eating the Rainbow: Have Fun and Be Healthy (p. 29 of guide)



Age: 4- 10 (Parents attend free)

Length: 1.5 hrs

Instructor: Tumulty

8974	1/11	Saturday	10:00am	BGC	1	\$35 (resident); \$38 (nr)
8984	2/8	Saturday	10:00am	BGC	1	\$35 (resident); \$38 (nr)

Looking to introduce more healthy color (and phytonutrients) into your family meals? Wondering how to make it fun, no-hassle, and interactive for you and your kids? Look no further! In this family workshop, we'll have fun learning about the benefits of "Eating the Rainbow", how to get more phytonutrients into your family's meals, and showing your child how to use the fun Phytonutrient "Rainbow" Checklist to empower him/her to eat more colors of the rainbow at each meal! Everything is provided, just come learn and have fun together!

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



Age: 4- 15 (Parents attend free)

Length: 1.5 hrs

Instructor: Tumulty

8985	1/25	Saturday	10:00am	Whole Foods Kentlands	1	\$35 (resident); \$38 (nr)
8989	2/22	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: Discover Your Character Strengths: Flourish in Your Life! (p. 37 of guide)



Age: 18+

Length: 1.5 hrs

Instructor: Tumulty

9019	1/10	Friday	6:00pm	ACBP 1	1	\$35 (resident); \$38 (nr)
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9028	2/7	Friday	6:00pm	ACBP 1	1	\$35 (resident); \$38 (nr)
9038	3/6	Friday	6:00pm	ACBP 1	1	\$35 (resident); \$38 (nr)

Interested in discovering your character strengths to enhance well-being and flourishing in your life? Does building upon your strengths, rather than fixing your weaknesses resonate with you? In this interactive workshop, you'll learn how to positively influence your well-being by focusing on your highest character strengths. We'll explore 1) what a character strength is, 2) how knowing and using your unique character strengths can help you achieve your goals, equip you for life's challenges, and increase fulfillment, and 3) strategies to put your character strengths into action to thrive in life!

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



Age: 18+

Length: 1.5 hrs

Instructor: Tumulty

9050	1/24	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: Power Up Your Brain: Older Adult Strategies (p. 37 of guide)

Sleep & Relaxation	Exercise & Movement	Nutrition	Stress Reduction	Relationships & Community
				

Age: 55+

Length: 1.5 hrs

Instructor: Tumulty

9113	2/21	Friday	5:30pm	ACBP 1	1	\$29 (senior resident); \$36(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.



Hi, I'm Mandy Tumulty, a Functional Medicine Certified Health Coach (FMCHC) and National Board Certified Health & Wellness Coach (NBC-HWC) who's passionate about empowering people to live their best lives with vitality, health and joy!

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