



WOMEN
IN
RECOVERY

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m. CDT ON ZOOM

LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

SEPT 22

2021

BUILDING RESILIENCE DURING TIMES OF STRESS & ANXIETY

Carolyn Suerth Hudson, RDN, LD

At times, we all face stress and anxiety—health concerns, financial issues, and employment or relationship changes. Living during a pandemic compounds them, so it's no surprise that 60% of adults are experiencing stress and anxiety, according to a 2020 Gallup Report. The good news is that you can build resilience with good nutrition and lifestyle habits. Did you know that food directly affects the structure and function of your brain and your resilience to stress and anxiety? Learn how simple lifestyle habits like getting sufficient sleep, drinking water, and eating real food can help you reduce anxiety from the inside out while living a life of sobriety.



CAROLYN SUERTH HUDSON, RDN, LD, understands the impact nutrition has on health and wellbeing, both professionally and personally. Working in a remote town in northern Canada, she saw the impact poor nutrition had on the health of people there, and decided to pursue a degree in nutrition.

While in school, Carolyn became very ill. Doctors thought she had ulcerative colitis and later believed she had irritable bowel syndrome. To restore her health, Carolyn turned to nutrition and began eating real foods such as animal protein, healthy fats, vegetables, homemade yogurt and flax. Within a short period of time, her symptoms cleared and her energy returned.

Carolyn has over 30 years of experience in the nutrition field in the U.S. and Canada. She is a registered and licensed dietitian through the MN Board of Nutrition and Dietetics. She received her BASc in Nutrition from Ryerson University and completed her internship at Toronto General Hospital. Carolyn is a past president of the MN Academy of Nutrition and Dietetics and past director on the board of the Dietitians of Canada.



MEETING ID: 935 0755 8272 • PASSWORD: 259602
LINK: zoom.us/j/93507558272 • PHONE-IN: 312.626.6799