

**The Lorene Replogle Counseling Center,** a ministry of Fourth Presbyterian Church, has served the mental health needs of the congregation and community for more than twenty-five years.

For information about the Counseling Center's services, call 312.787.8425 or visit [www.fourthchurch.org/lrcc.html](http://www.fourthchurch.org/lrcc.html).

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***Food, Mood, and Balance:  
The Midwinter Conference***

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Lorene Replogle Counseling Center

# **Food, Mood, and Balance**

*The Impact of Food  
and Lifestyle Choices  
on Wellbeing*

**Presented by Lois Orth-Zitoli**

*The Lorene Replogle  
Counseling Center's  
Fourteenth Annual  
Midwinter Conference*

Held at  
Fourth Presbyterian Church  
126 E. Chestnut, Chicago

**February 20, 2010**  
**8:30 a.m. – 3:00 p.m.**

