

Community Education Service



Improving emotional health and well being

Nutrition and ADHD

Serena Anthony | Registered Dietician
Alberta Children's Hospital

Parents of children and teens with ADHD are often concerned about their eating habits - are they eating enough, too much or the right type of foods? In this presentation, parents can expect to learn the fundamentals of nutrition, nutrition related to ADHD and practical strategies to make mealtimes more enjoyable!

Tuesday, May 5, 2020

6:30 - 8:00 pm

**Foundations for the Future
Charter Academy**

**South Middle School Campus
8710 Ancourt Road SE**

FREE Learning

[Register](#)

<https://community.hmhc.ca>