

Community Education Service



Nutrition and Brain Health: Implications for ASD and mental health

Presented by: Bonnie J. Kaplan, PhD, Professor Emerita, Cumming School of Medicine
and the University of Calgary

Thursday, November 29, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

The Ability Hub

Child Development Centre
300, 3820 - 24th Avenue NW

Session is FREE
of charge/
Free parking in
Lot 54

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

The key to understanding the importance of diet is having some basic knowledge of what nutrients do in the brain. This workshop will begin with an overview of nutrition in brain health, followed by practical ideas that can help foster better eating habits. The final topic will focus on the many dietary challenges in autism.

This session is presented by the Community Education Service of the Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Cumming School of Medicine, Emerita, The Sinneave Family Foundation** and the **University of Calgary**.