

Community Education Service FREE WEBINAR



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
6:30pm – 8:30pm
(Calgary Time)

Register: <http://community.hmhc.ca/sessions/?p=online>

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**.