

Community Education Service



Nutrition and Mental Health An overview of what the science says

Bonnie J. Kaplan, PhD, Professor Emerita, Cumming School of Medicine,
The University of Calgary

Monday, May 6, 2019

10:00am - 11:30am

Sign in: 9:45am

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

Session is **FREE** of
charge.
Parking fees may
apply.
Limited child
care available,
call:
(403) 955-2500

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



To request Telehealth/VC or Audioline, **please click on the video or telephone icon** above or next to the session title on the website for more information on how to register.

The key to understanding the importance of nutrition for our mental health is having some basic knowledge about what exactly it is that nutrients do in our brains. This workshop will provide an overview of nutrition in brain health, as well as a summary of some of the clinical studies showing how dietary education and supplementation are being used to improve mental health. The talk will end with practical ideas for fostering better eating habits, even in our pickiest eaters such as those on the autism spectrum.