

# Community Education Service



## Nutrition and ADHD

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Alberta Children's Hospital

**Wednesday, May 1, 2019**

**Session: 6:30 pm - 8:00 pm**

**Sign in: 6:15 pm**

**Alberta Children's Hospital**

Room B2-200 (2nd floor)

2888 Shaganappi Trail NW, Calgary

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

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

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!