

# Community Education Service FREE ONLINE SESSION



## Nutrition and Mental Health An overview of what the science says

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

Session available until: March 31, 2020

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.