

# Community Education Service



## Nutrition and ADHD

Serena Anthony, Registered Dietitian  
Alberta Children's Hospital

**Thursday, October 24, 2019**

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

**Sign in: 6:15 pm**

Country Hills Library

11950 Country Village Link NE

**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!