

Community Education Service



Improving emotional health and well being

Nutrition and ADHD

Serena Anthony, Registered Dietitian
Alberta Children's Hospital

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!

October 25, 2022
6:30 - 8:00 PM

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Alberta Children's Hospital**.