



# Hot Topics in School Health: Mental Health: What's Nutrition Got To Do With It?



PRESENTED BY

**Healthy Schools AHS**



SERIES SESSIONS

Date	Time
April 09, 2025	3:30 PM - 4:45 PM



LOCATION

**Zoom Online Meeting - Zoom**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

**403-381-5580**

REGISTER ONLINE

Visit our website to register:

**sapdc.ca**

## Learning Opportunity

### Hot Topics in School Health Series:

This session will highlight the role of nutrition in supporting the work we do for our mental health. It will highlight how our nutritional intake can impact our mood and motivation and vice versa and provide tips to navigate this. Brainstorming ways in which we can use nutrition to help us pull through those tough days and weeks.

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## Presenters

Healthy Schools AHS

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## Registration Notes

This session is part of a "Hot Topics in School Health Series" presented in collaboration with the AHS Healthy Schools Team. There will be a different topic every month. Please sign up if you cannot attend live but still want the recording.

Zoom link will be sent out in the registration email. Please check your junk/spam folder if you don't see it right away.



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