



You are what you eat!



PRESENTED BY

**Dr. Bonnie J. Kaplan, PhD & Norah Fines,
RD**



SERIES SESSIONS

Date	Time
March 26, 2020	9:00 AM - 12:00 PM



LOCATION

Lethbridge - TBD - -

FEE

\$20.00

QUESTIONS?

Contact Us:

403-381-5580

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Program

A workshop to explore how school nutrition can promote positive mental health in students (and staff).

Session Outline:

- Key note Presentation (Why and How to Promote Better Diets for Mental Health)
- Hands on Discovery of School Nutrition Resources
- Food at My School! A Facilitated Discussion
- Closing Remarks

Keynote Description:

As more and more young people are struggling with mental health issues in our schools, now is the time to learn more about controllable factors that contribute to mental health. Can nutrients contribute to brain development? Can nutrients improve mental health symptoms?

The future of mental health will hopefully shift away from medication (especially in children) and toward prevention and lifestyle treatments. A big part of that change should be NUTRITION (and also psychotherapy, social support, meditation, exercise, etc.).

In this presentation, participants will learn about what, exactly, nutrients do to optimize brain function, and also about the growing body of scientific research showing the importance of nutrition for brain health --- including mental function.

Presenters

Dr. Bonnie J. Kaplan, PhD

Dr. Bonnie J. Kaplan, PhD is a Professor Emerita in the Cumming School of Medicine at the University of Calgary, in Calgary, Alberta, Canada. She has published widely on the biological basis of developmental disorders and mental health – particularly, the contribution of nutrition to brain development and brain function.

She has a long-standing interest in nutrition, studied from two perspectives: how nutrients contribute to brain development, and how they can be used to ameliorate mental health symptoms.

In 2017 she was named one of the top 150 'Difference Makers' in Canada for the area of Mental Health. And in September 2019 she was awarded the Dr. Rogers Prize for Career Contributions to Complementary and Alternative Medicine (for all of Canada).

Dr. Kaplan's webpage www.bonniejkaplan.com hosts a variety of her recent publications, information and videos.



Norah Fines, RD

Norah Fines is a Health Promotion Coordinator from Alberta Health Services with the [School Health and Wellness Promotion team](#). She has been working in health promotion for over 10 years, and has a passion for supporting healthy school environments.





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