The Consortium
South Office

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

PRESENTED BY

Healthy Schools & Nutrition Services 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:
south.aplc.ca

Learning Opportunity

Hot Topics in School Health Series:

This session explores the role of nutrition in supporting our mental health. Highlights include - how our nutritional intake can impact our mood and motivation, tips on how to navigate meal and snack time and how to usenutrition to help us pull through those tough days and weeks.

Presenters

Healthy Schools & Nutrition Services AHS

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.