



# Nutrition and Improving Our Mental Health (online)

## Free Zoom Workshop

**Speaker: Hinson Ho, Registered Dietitian, SPLC**

**Language:** English

**Date:** Friday, February 26, 2021

**Time:** 10:30am- 12:00pm

### **Description:**

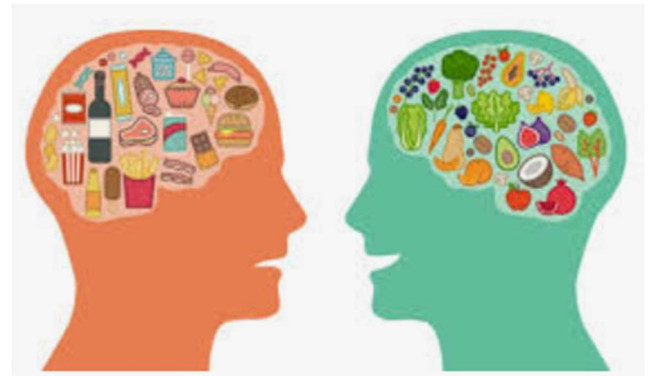
- how nutrition and eating habits can affect anxiety and depression
- how carbohydrates, proteins, and fats can affect our mood
- how nutrition can improve sleep

### **Registration is required.**

Please contact Clara at 416 493 3333 x 325

Or email at [yoonshinl@splc.ca](mailto:yoonshinl@splc.ca)

Zoom link will be provided upon registration.



**Everyone is welcome especially older adults, seniors,  
caregivers, newcomers, & service providers!**