

# FOOD AND MOOD: HOW DIET IMPACTS MENTAL WELLBEING AND BEHAVIOUR

WEBINAR



Tuesday 17th October 6-7pm



It is a well-accepted fact that the quality of our diet affects our physical health. For example, we know that eating too much unhealthy fats can cause issues with your heart. However, the question that has been increasingly asked in the scientific world is: how does diet affect the health of the brain and behaviour accordingly? Can it be that diet causes some of the behaviour issues that we are facing with our children? Can some of the mental health pandemic that we are witnessing amongst children and young people be attributed to what they are eating? And if so, what can we do about it?

Join us for our next webinar to:

- Find out more about how what you and your children eat impacts how you feel and behave;
- Learn which foods are more likely to cause inflammation in your body and impact your mental wellbeing; and,
- Explore ways you can start making changes straight away to aid your children's mental resilience.



## How To Take Part?

- Register online [www.move-more.org/events/food-and-mood](http://www.move-more.org/events/food-and-mood)
- You will be emailed a Zoom link
- Click the link to join the meeting at the time and date specified above.

## I've signed up what happens next?

Once you complete our short registration form, you will be registered for the online session. You will automatically receive an invitation for the zoom session. If you don't hear from us by the 17th October don't hesitate to contact Marijana on [marijana@move-more.org](mailto:marijana@move-more.org). Please make sure you check your junk/spam folders.

We are looking forward to seeing you on the 17th October!

## ONLINE REGISTRATION

[WWW.MOVE-MORE.ORG/EVENTS/FOOD-AND-MOOD](http://WWW.MOVE-MORE.ORG/EVENTS/FOOD-AND-MOOD)