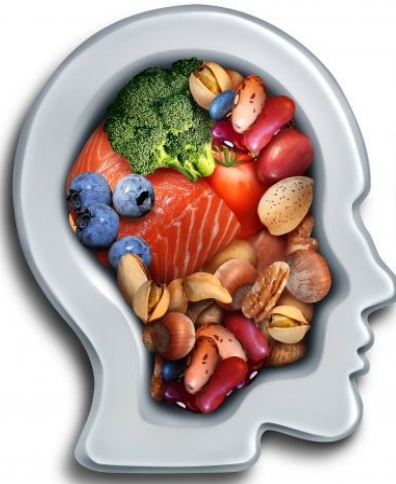




Woolwich Counselling Centre Presents...

Why Nutrition matters for Children's Mental Health



An estimated 1.2 million children and youth in Canada are affected by mental health issues.

Dietary choices impacts our mental health. There are key nutrients that children need for healthy brain development and mental well-being.

Woolwich Counselling together with **Amy Sonnenberg**, Registered Holistic Nutritionist, will present current research and effective strategies to promote mental health which includes healthy eating and nutrition.

Pre-Registration Required



Woolwich Counselling
519-669-8651



Designed For You Nutrition
519-503-7926

Monday May 7, 2018 7:00—9:00 pm

65 Memorial Ave, Elmira

Fee: \$15 per person