

“Nutrition for the Brain”

NEW:

Now we offer a series of five nutrition workshops for teenagers and parents at this clinic.

In this evidence based workshop our Registered Holistic Nutritionist (Hedie, M.Sc., RHN) will help the existing or new clients to learn and understand the benefits of healthy eating and life style and its relation to mental health.

This program helps individuals with

- Mild Depression
- Anxiety
- Mood swing
- Allergies
- ADHD
- ADD
- Or to promote IQ and concentration in children at school

First meeting: What does healthy eating means, and how is related to mental health

Second meeting: Daily food intake (Vit. and minerals, EFAs), meal routine, food log practice

Third meeting: Self-reflective Practice, Changing habits/craving, role plays, questions

Fourth meeting: Motivational practices, Hands on Practice, interactive discussions

Fifth meeting: Making meal plans, setting goals and objectives, Interactive play, questions

Preregistration is required and the space is limited.

Price: \$ 45 per session, per person or \$150.00 for 5 sessions (1.5 hrs. each session).

Please email your request to Hedienia@gmail.com or pay at the Clinic.

This program may be covered under your private insurance plan.