

**TheraMoves is proud to present**

# **NUTRITION AND INTEGRATIVE HEALTH:**

**STRATEGIES TO IMPROVE THE FOUNDATION OF  
LEARNING AND BEHAVIOR FOR BETTER  
CLASSROOM AND HOME PERFORMANCE**

**PRESENTED BY**

**DR. NICOLE BEURKENS PHD, CNS**

LICENSED PSYCHOLOGIST, BOARD CERTIFIED NUTRITION SPECIALIST,  
CERTIFIED LENS PRACTITIONER, CERTIFIED SPECIAL EDUCATION  
TEACHER AWARD WINNING AND BEST SELLING AUTHOR, AND PUBLISHED  
RESEARCHER

**WHEN**

**TUESDAY, MAY 14, 2019**

**8:30 AM - 4:00 PM**

**WHERE**

**1580 Coney Island Avenue, (between avenue L & M)  
BROOKLYN, New York (Q-Train ave M stop)**

**FEATURING** • How the health of brain and body are inter-connected • Underlying physical and neurological factors in behavior and learning challenges • Building the foundation for a more resilient brain • The gut-brain and food-mood connection • How sleep impacts learning and behavior • Strategies to support healthy sleep • How screen time/electronics exposure impacts learning and behavior • Stress reduction and mindfulness strategies for school and therapy environments • Strategies to reduce or avoid exposure to common environmental toxins • Strategies to create a brain-supportive physical environment

**To REGISTER for this conference please email**

**INFO@THERAMOVES.COM OR CALL 917-224-5114**

**TARGET AUDIENCE:**

OTs, OTAs, Educators,  
Mental Health professionals,  
Related professions, and  
Caregivers

**LEVEL AND METHOD OF  
INSTRUCTION**

Beginner, Intermediate  
Lecture, hands-on activities,  
individual reflection

**COST \$249**

**Early Registration \$229**

*Postmarked 21 days prior*

**Group Rate 3 or more \$199**

*Postmarked 21 days prior*

**Special pricing for special  
educators and parents/  
caregivers**

**6 CONTACT HOURS**

6 NBCOT PDUs/.6 CEUs

6 CTLE credit hours will be awarded  
certificates will be awarded

Credits listed are offered by TheraMoves for  
a full day's attendance



TheraMoves is an AOTA Approved Provider of continuing education "The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA." (APP # 11168) Approved by AOTA for 0.6 CEU, 6 contact hours, beginner/intermediate domain of OT performance skills.

Approved for **OTs, OTAs** by NY State Board for OT's

Approved for 6 **CTLE** contact hours

*Please contact the office with  
any special needs requests*

**WWW.THERAMOVES.COM**



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## COURSE DESCRIPTION

This **unique course** will examine the role of nutrition and integrative health approaches in supporting child development, learning, and behavior. Information will be provided related to the roles of nutrition, sleep, movement, screen time, environmental toxins, stress, and adult-child relationships in learning and behavior problems. Specific actionable strategies for home, school, and therapy settings will be discussed. Participants will leave with a toolbox of information and strategies to begin implementing immediately.

## COURSE OBJECTIVES

- Discuss the role of nutrition and integrative health strategies in supporting physical and mental health for children and teens
- Explain how specific nutrition focused strategies support learning and behavior
- Recognize the role of movement in brain development, learning, and behavior
- Explain how sleep and sleep-related problems impact learning and behavior and list solutions to maximize healthy sleep
- Implement specific mindfulness and stress reduction strategies across multiple environments
- Explain how screen time impacts student learning and behavior and list strategies for managing time through various environments
- Identify aspects of the physical environment that may be supportive or unsupportive of learning and behavior and ways to modify them to support brain development

## TIMED AGENDA

- 8:30-9:30 Introduction to the Brain-Body Connection
- 9:30-10:30 Nutrition Issues and Strategies
- 10:45-11:30 Sleep Issues and Strategies
- 11:30-12:00 Movement Issues and Strategies
- 12:00-1:00 Lunch Break (on your own)
- 1:00-1:30 Screen Time Issues and Strategies
- 1:30-2:15 Stress-Related Issues and Strategies
- 2:30-3:15 Environmental Issues and Strategies
- 3:15-4:00 Implementation Plan and Q&A

**REFUND & CANCELLATION POLICY:** A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 7 days prior to the course. After that no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable travel arrangements until you contacted us &/or received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

## ABOUT THE PRESENTER:

A unique combination of psychologist, nutritionist, and special educator, **Dr. Nicole Beurkens** has over 20 years of experience supporting children, young adults, and families. She is an expert in evaluating and treating a wide range of learning, mood, and behavior challenges including ADHD, autism, anxiety, mood disorders, brain injury, and sensory processing disorder. Dr. Beurkens holds a doctorate in Clinical Psychology, masters degrees in Special Education and Nutrition, and is a Board Certified Nutrition Specialist. She is the Founder and Director of Horizons Developmental Resource Center in Grand Rapids, Michigan where she leads a multidisciplinary team dedicated to exceptional evaluation and integrative treatment services, research on innovative treatment protocols, and professional training on best practices. She is a highly sought-after international consultant and speaker, award-winning therapist, published researcher, and best-selling author. Her work has been highlighted in numerous publications, and she's an expert media source. When she isn't working, Dr. Beurkens enjoys spending time with her husband and four children.

## DISCLOSURE:

**Financial:** Dr. Nicole Beurkens will receive a speaker's honorarium from TheraMoves Services for the presentation. **Non-Financial:** She has no non-financial relationships to disclose.

<https://www.drbeurkens.com/>

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