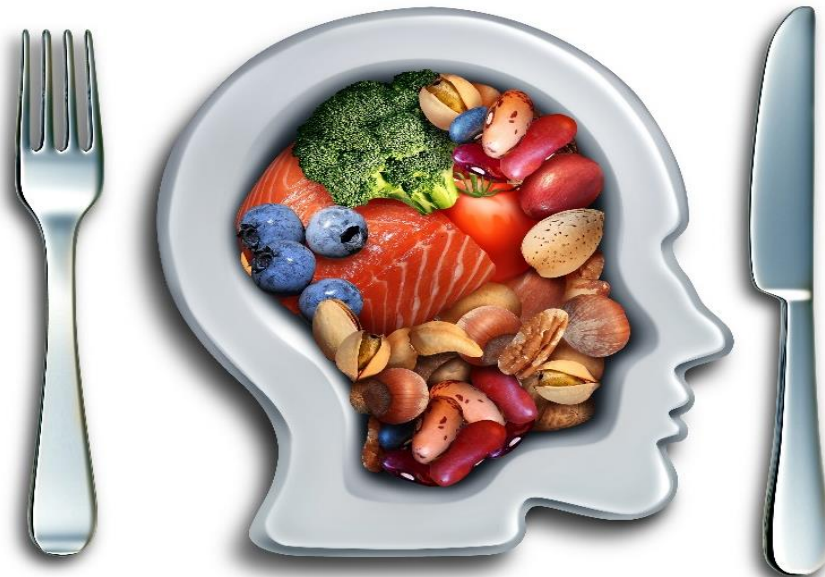


# FIRST NATIONS TELEHEALTH NETWORK

## ***Nutrition and Mental Wellness***

**January 21<sup>st</sup>, 10:00 am – 11:00 am**

Nutrition and Mental Health are highly interconnected from a wholistic perspective. Understanding how food impacts us physically and mentally can help us make positive choices for our body and mind. This session will offer insights and strategies on how food choices can enhance mental wellness. This presentation will benefit all community workers such as CHRs, Nurses, Teachers, staff in Head Start or Daycare, other front-line workers (CPNP, MCH).



### **Learning Outcomes:**

1. To understand the link between nutrition and mental wellness
2. To understand how food choices and behaviors impact mental wellness
3. To identify nutrition strategies to enhance personal mental wellness

### **Speaker Info:**

***Laurina Eskow*** is a Registered Dietitian who has been working as a Community Nutrition Advisor for First Nations & Inuit Health Branch for 22 years. She has worked throughout the First Nation communities in Alberta, and enjoys "taste testing bannock" and berry picking in the north.

**LIVE STREAM WILL  
BE MADE  
AVAILABLE**

**TO ACCESS THIS  
SESSION FROM AN  
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