Nourish to Flourish - Nutrition Month Launch

March 3, 2025

1:30-3:00pm MST

March is Nutrition Month. Join the Alberta Nutrition Advisory Team in celebrating this years theme 'Nourish to Flourish' focusing on how food goes far beyond simply meeting physical needs.



Learning Outcomes:

- Understand the connections between food and overall wellbeing going beyond physical needs
- Focus on 'Food is Medicine' and offers us so much more than the nutrients that it provides
- Learn about how food can play a role in mental wellness, building social connections and nurture thriving communities
- Get inspiration on how you can promote Nutrition Month in your frontline work at the Nation level

Speakers:

Laurina Eskow, Kathleen Gibson, Erin Bligh and Laura White support First Nations in Alberta across Treaty 6, 7, and 8 in their nutrition/food related priorities.





Target Audience: Any front line workers interested in celebrating Nutrition Month

Please register for session at: https://fntn.ca/Home/Register-vc?eid=21961

from zoom:
https://fntn.zoom.us/j/894436

33389 Meeting ID: 894 4363 3389

To access this session

Passcode: 149623

Please select "join meeting as an Attendee", once logged-in

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1-587-328-1099

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To join via internet browser

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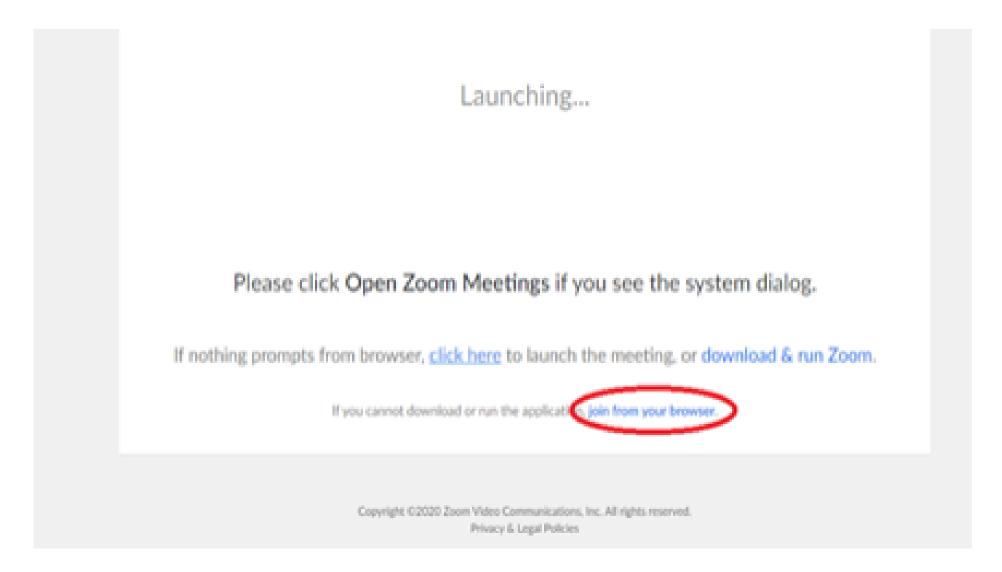
- 2. Enter Meeting ID: 894 4363 3389
- 3. Passcode: 149623
- 4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

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- 2. Enter Meeting ID: 894 4363 3389
- 3. Passcode: 149623
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
- 6. After the file has been installed, you will be ask to enter your "email" and your "name"
- 7. You will now join the webinar, by default all attendees of the webinar are muted.