

# 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 year's 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/Registrar-VC?eid=21961>

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<https://fntn.zoom.us/j/89443633389>  
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4. Click the option "click here" ( See image below)

Launching...

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