

Nutrition and Brain Health

June 24, 2026

1:30-2:30pm MT

Join us for this informative session focused on how nutrition can support brain health - memory, mood, focus, and cognition. You'll also take away practical tips and be inspired by brain-boosting recipes. Don't miss this opportunity to discover how small changes in your diet can make a big difference for your brain!



Learning Outcomes:

- Recognize basic functions of the brain
- Understand how nutrition influences brain health
- Describe how specific nutrients can improve brain functions
- Learn which brain-boosting foods can enhance your diet and health

Speakers:

Julia Zanon, Dietetic Intern - Julia is a student completing her Bachelor of Science with Dietetics Specialization at the University of Alberta, and is currently interning with the Nutrition Team at Indigenous Services Canada (ISC).



Target Audience: Health and education staff working in Alberta First Nations and others who may be interested in attending

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22935>

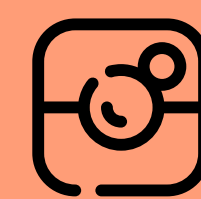
To access this session from zoom:
<https://fntn.zoom.us/j/87618612218>
Meeting ID: 876 1861 2218
Passcode: 702926

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

To access this session from an audio line:
1-587-328-1099
Meeting ID: 876 1861 2218
Passcode: 702926



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FNTNAB



To join via internet browser

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 876 1861 2218
3. Passcode: 702926
4. Click the option "click here" (See image below)

Launching...

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

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

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.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 876 1861 2218
3. Passcode: 702926
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.