

Holistic Nutrition

for Depression, Anxiety and Memory

Saturday, February 23 (10 a.m.-3:30 p.m.)
(bring your own lunch or plan to purchase lunch nearby)



Brain health is essential for emotional regulation and optimal mental function. A basic understanding of healthy nutrition principles can significantly improve brain longevity and cognition. This workshop will empower you to understand how nutrition can powerfully shape the brain and create a brain health nutrition regime!

Research confirms that the high-fat, sugar-loaded and chemical-laden Standard American Diet (SAD) damages the brain and can seriously limit the brain's capacity to rebound from daily stresses.

Depression, anxiety and mental decline are likely results of a chronically deficient diet. A nutrient-depleted brain may especially hinder those struggling with seasonal 'winter blues.'

This workshop will:

- **Present research that demonstrates the link between nutrition and brain health**
- **Teach you to identify nutrient-deficiencies in common SAD foods that affect brain health**
- **Describe healthy foods (whole, fresh, and preferably organic), natural supplements, and common medicinal herbs that can increase brain function**
- **Explain lifestyle routines that are important for brain health**
- **Provide guidance in creating a personal holistic nutrition plan - for anxiety, depression or memory**
- **Incorporate group activities and discussion to create a co-learning environment**

Facilitated by Chiara Maria Kae, PhD, a professional in the health field for over twenty years. Chiara is a health communication professor, holistic nutrition consultant, and yoga/fitness instructor and she is passionate about health and spirituality.

Class is held at the Journey Center, Santa Rosa. Register on our website (www.journeycenter.org) or by calling 707.578.2121. Cost: \$45 (+ \$5 for materials).

