



## Nutrition and Mental Health

With Bonnie J. Kaplan, PhD, Professor Emerita in the Cumming School of Medicine at the University of Calgary

**Bring your lunch on Tuesday Sept 17, and join us from 12 – 1 PM in E690 (University Hall)**

*As more and more university students struggle with mental health issues, now is the time to learn about the modifiable risk factors. One of those factors is how we eat.*

*In this presentation, participants will learn about the growing body of scientific research showing the importance of nutrition for brain health --- including mental function.*

Dr. Kaplan has published widely on the biological basis of developmental disorders and mental health – particularly, the contribution of nutrition to brain development and brain function. She has a long-standing interest in nutrition, studied from two perspectives: how nutrients contribute to brain development, and how they can be used to ameliorate mental health symptoms.

In 2017 she was honoured as one of the 150 Canadian “Difference Makers” --- those in Canada who have had the most impact in Mental Health. Currently, she has been honoured by being short-listed for the Dr. Rogers Prize for advances in complementary and alternative medicine in Canada.

Dr. Kaplan’s research institute profile with a link to her recent publications can be found here: <https://research4kids.ucalgary.ca/profiles/bonnie-kaplan>



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