

NUTRITIONAL SUPPORT FOR MENTAL WELL-BEING: WEBINAR



Wednesday, January 15, 2025
10:00 a.m. – 11:30 a.m.

Join us in this interactive webinar presented by a Registered Holistic Nutritionist.

The following topics will be covered:

- Mental Health and Nutrition Connection
- Stress-Reducing Nutrients
- Foods That Elevate Your Mood
- Herbal Remedies for a Happier Mind
- Supplements for Mental Clarity



Register by direct link below
or through email at:
rabdulsattar@achev.ca

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