

Are you affected by **STROKE** or **BRAIN INJURY**?

Join us for our upcoming Educational Workshop :

The Brain/Gut Connection: Healthy Eating to Support Recovery

With Jen Cody, Community Nutritionist & Registered Dietitian

Wednesday, April 24th 2019

1:30-3:00 pm

In this session Jen will work with the group and share experiences with healthy eating, how it connects to our success in each day, and how healthy eating is something that can make the difference to recovery and our mental health. Did you know that nutrition has better long term outcomes for improving depression than many prescriptions? That nutrition can help improve anxiety? That nutrition is essential for brain recovery? All true. We will talk about what healthy eating is, what our challenges are, and come up with strategies to 'up our game' in healthy eating.



Jen has been active in the food community since 1998. She is a registered dietitian and is currently the Executive Director of Nanaimo Foodshare. Jen enjoys meeting with people of all experiences and talking about food and health. She believes in everyone working together to share ideas and strategies to support healthy eating, because we are all the experts in our own experience! She is a health educator and patient advocate who has years of experience developing and maintaining provincial, regional, and local health/food networks. Her fun new adventure has been as coordinator/worker and founder of Growing Opportunities Community Farm and as a beekeeper.

For people with acquired brain injury/stroke and family caregivers.

No Charge. Space is limited. Please call or email to reserve your seat.

Call Adrienne 250-753-5600 ext. 202

or email adrienne@nbis.ca

