BRAIN FOOD
Let’s talk about food! Myths, beliefs, challenges, and cutting-edge nutrition science—everything you need to know to feel and function at your best.

SHARPEN YOUR MIND:
Eating for Concentration, Memory, and Mental Stamina
Monday February 26 — 2:50-4:00pm

CALM YOUR NERVES:
Stress, Worry, Panic and Insomnia
Monday March 26 — 2:50-4:00pm

MANAGE YOUR MOODS:
Depression, Anger, Fear, and Mood Swings
Monday April 9 — 2:50-4:00pm

Food is your secret weapon. Learn how to use it to your full advantage.

Schacht Center 2nd Floor Wellness Lounge with Georgia Ede MD, Psychiatrist