

Mindarma

How to

eat for good Mental Health



Presented in conjunction with Mood Food Nutrition, this webinar will allow you to digest the latest science on nutrition and mental health. Cut out the confusion and get some great tips, along with simple, tasty, brain-boosting recipes.

Wednesday 12 June 2024
11:30am – 12:20pm (ACST)

Panellists

Amanda Smyth

DAA Accredited Practicing Dietician, Co-Founder,
Mood Food Nutrition (QLD)

Holly Hoskins

DAA Accredited Practicing Dietician, Co-Founder,
Mood Food Nutrition (QLD)

Moderator

Dr Sadhbh Joyce

Senior Psychologist, Co-Founder of Mindarma,
Meditation Teacher, External Fellow, Black Dog
Institute/UNSW Medicine (NSW)

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www.mindarma.com

