

Online session 6

Food and anxiety

Do you worry that your children aren't getting the nutrition they need to grow in a healthy way? Are you concerned about how what we eat might be affecting our mental well-being? Is your child frequently anxious around food? Are mealtimes a battle ground with constant fighting over every bite?

If any of the above questions describe you and your family, or even if you are only interested to find out more about relationship between food and anxiety, our next online session is the right place for you. During this session we will be using the latest scientific research to explore:

- ✓ How food affects our mood, mental well-being and brain health in general;
- ✓ Relationship between food and anxiety in children;
- ✓ Tips and strategies for managing food anxieties and how to use food to improve mood and mental well-being.

When: 2.3.2021 at 1pm

Duration: Approximately 60 minutes

How do you sign up for the online session? To register for this online session, please follow this link <http://www.move-more.org/events/food-and-anxiety/>

It will take you to our website where you will be asked to answer a few simple questions. I would encourage you to register even though you might not be able to attend the session live, as all registered participants will receive a recording of the session to watch in their own time.

I've signed up: what happens next? Once you complete our short registration form, you will be registered for the online session. The day before the session, Marijana will send you a link that gives you access to the online session. Please make sure you check your junk/spam folders. If you don't hear from us by the 1st of March, please don't hesitate to contact Marijana on marijana@move-more.org

We are looking forward to seeing you on the 2nd of March!