

FREE WEBINAR



NUTRITION: A Foundation for Mental Resilience

Special guest: Dr. Bonnie Kaplan

How does nutrition affect brain function? How can you use nutrition to improve your mental health?

Learn this & more in our webinar with Dr. Bonnie Kaplan, Author of *The Better Brain* and one of 150 Canadian Difference Makers in Mental Health.

April 14, 1PM ET | 10AM PT | 60 minutes

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