



An Innovative Look at Nutrition: The Way to the Brain is Through the Stomach

Tue, Feb 4th, 2020
9:15 – 11:15a
14603 E Fremont Ave
Centennial, CO

and an evening
presentation

Tue, Feb 11th, 2020
6:30 – 8:30p
14603 E Fremont Ave
Centennial, CO



Fueling the Brain...Emotionally and Physically through Proper Nutrition

- How do I know what foods are best for my body?
- How do I build a healthy, lasting relationship with food?
- What foods improve brain health in my children?
- What foods decrease inflammation, and risk for brain related conditions such as Alzheimer's?
- Do I need supplements for balanced nutrition?



Learn to optimize your body and brain with food!

- Learn to make confident choices and build a lasting relationship with food
- Learn which positive, lifestyle-focused foods to promote in your home
- Learn how diet and exercise can improve body and brain health



About our speaker



Anna Schwartz, MS, RDN. Ms. Schwartz is a Registered Dietitian Nutritionist at Paramount Health Directions in Cherry Creek. She works with clients of all ages to improve health and relationships with food, and develop sustainable lifestyle skills. She specializes in nutritional counseling, weight management, and disordered eating patterns, and has experience in both adult and pediatric large acute care hospitals, as well as outpatient clinics. Ms. Schwartz graduated Magna Cum Laude from Texas Christian University with a BS in Dietetics and a MS in Nutrition.



Parents, educators, and community members are welcome and encouraged to attend PIN's **FREE** presentations. No need to RSVP—just come!



Upcoming Events - Mark Your Calendar!

- **March 3rd (AM) & 10th (PM).** Money Doesn't Grow on Trees! Creating Financially Responsible Kids *with Craig Kaley, founder of Moneyletics*
- **April 7th (AM) & 14th (PM).** Parenting by Temperament: Discovering What Makes Your Kid Tick *with Wendy Gossett, author, founder of PeopleWorks Co*
- **Annual Brunch, April 28th.** (AM) The Minds of Boys and Girls; (PM) Saving Our Sons *with Dr. Michael Gurian, NYT best-selling author, gender expert, brain researcher, Co-founder of the Gurian Institute*