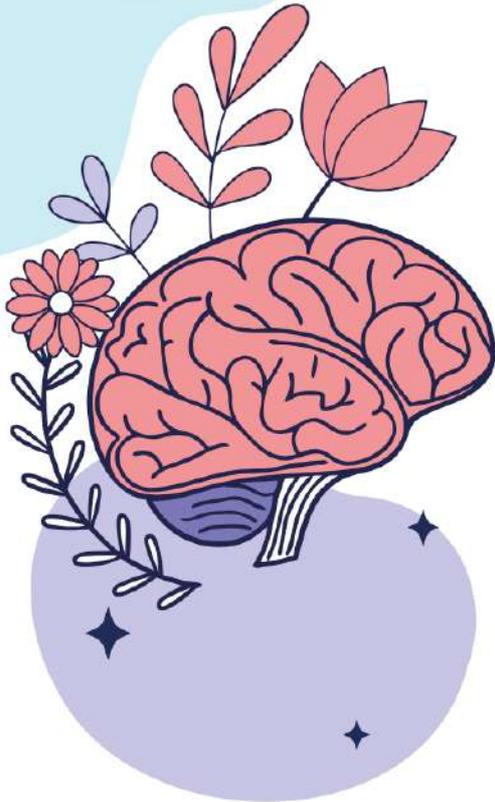


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LERU Multi-Service Agency
collaboration with PS 131Q

THE IMPACT OF NUTRITION AND EXERCISE ON MENTAL HEALTH WORKSHOP

21 JAN, 2026
AT 10:00 AM
ZOOM

The Impact of Nutrition and Exercise on Mental Health Workshop

This workshop explores the powerful connection between nutrition, physical activity, and children's mental health. Parents will gain insight into how diet and movement influence mood, focus, anxiety, and overall emotional well-being.

Parents Will Learn How To:

- ✓ Understand the mind-body connection in children and adolescents
- ✓ Identify foods that support emotional regulation and focus
- ✓ Incorporate simple movement routines into daily schedules
- ✓ Recognize how poor nutrition and inactivity can affect behavior
- ✓ Build realistic, family-friendly wellness habits