



Maryland's Commitment to Veterans  
Presents

**SMVF MONTHLY WORKSHOP SERIES**

Nutrition and Neuroscience:

A discussion on optimizing  
brain health with diet

Join MCV on Thursday, January 19, 2023  
1 to 3 p.m. EST

Maria McConville, MS, RDN and Camila Almeida, PhD



- Describe the obesity epidemic and other challenges that veterans face in managing and improving their health-related behaviors.
- Summarize the impact of nutrition on Mental Health
- Apply nutrition knowledge and health education strategies to help connect clients to appropriate resources.
- Empower clients to make better nutrition choices to optimize brain and mental health.



To Register:  
<https://bit.ly/MCVJanuary>



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