

GRAY MATTERS

Free Brain Health Workshops



Intuitive Eating and Brain Health

with **Alyson McAdams, MPH, RDN**

Join **Alyson McAdams**, Registered Dietitian and Certified Intuitive Eating Counselor, to learn how Intuitive Eating can benefit brain health. Intuitive Eating is an approach to food and overall well-being that honors the health of your body and mind. We will explore what Intuitive Eating is and how to incorporate it into your lifestyle. We'll review the nutrients that are important to overall brain health and discuss how guilt around food gets in the way of our mental well-being.

Wednesday, April 19, 2023

1-2:30pm

Register in advance for this Zoom event at:

<https://us06web.zoom.us/meeting/register/tZlvdOGrqTouG9wUK4unM5glYg33ljwXDAtM>

After registering, you will receive a link via email to join the meeting.

About the Presenter:



Alyson McAdams, MPH, RDN, is a non-diet, weight inclusive dietitian specializing in eating disorders, intuitive eating, and family nutrition. Alyson works with individuals to develop a strong, flexible, and positive relationship with food. She is passionate about helping you discover peace with food and your body so you can show up fully for what matters to you in life. Learn more at alysonmcadams.com.