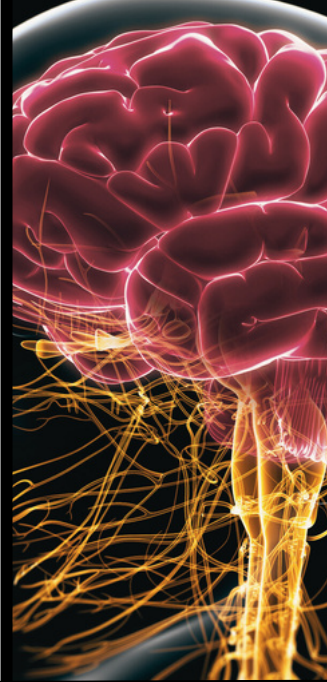




# Understanding Nutritional & Lifestyle Support for Emotional & Mental Health

Presented by  
Dustin Strong, CHN



8 CEUs for DCs in CA  
Administered by NECHS



**Hilton Sacramento Arden West**  
2200 Harvard St  
Sacramento, CA 95815  
P. 916-972-4700



June 1, 2024



Saturday  
8:30 AM - 5:30 PM



Events & Registration:  
[nutritionseminars.net/workshops](https://nutritionseminars.net/workshops)



# Seminar Overview

This course on “Addressing the Most Common Nutritional Deficiencies: Micro and Macro” on Understanding Nutritional and Lifestyle Support for Emotional and Mental Health, will give you tools to understand the system biology approach for mental health support. Walk away with a greater understanding of the roles and relevance of nutrition in supporting the functioning of major neurotransmitters and mental health, and ways to implement nutrition solutions into clinical practice.



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WESTERVILLE, OH 43081

## REGISTRATION



DC (with CEUs) ..... \$199  
Other HCP (NO CEUs) ..... \$149  
Staff / Student / Spouse / Etc .... \$ 99



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