



Food and Behaviour Research
An early evening professional seminar, on



Tuesday, 17th May 2016



**Hilton Hotel, Victoria Quays,
Furnival Road, Sheffield S4 7YB**

Feeding Better Behaviour, Learning and Mood: The Gut, Brain and Nutrition Connection

Registration, networking and refreshments from 5.00pm

Presentations and Discussion: 6.00 – 8.30pm

Hear the latest evidence on how food and diet can impact on conditions like ADHD, autism, depression and dementia, as well as on everyday difficulties with attention, mood, stress, anxiety and sleep.

Scientific research shows complex links between our guts, brains and immune systems, helping to explain how nutrition can and does affect our mental (as well as physical) health, wellbeing and performance.

Meet the experts, ask questions, join the discussion – and learn about some simple, practical yet effective ways to use these findings to improve diet and nutrition – at home, at school and in the workplace.

Speakers



Dr Alex Richardson, Senior Research Fellow at Oxford University; and Founder Director, FAB Research

Mr David Rex RD, Specialist Dietitian, Care & Learning Directorate, Children's Services, Highland Council



Presentations

- The Role of Nutrition in Mood, Behaviour and Learning – An Overview
- Evidence-Based Dietary Interventions for Behaviour and Learning: What Works?
- How to Influence Food Choices in the Context of Current Food Culture
- Nutrition Science in Practice: How Do We Decide What's Worth Trying?



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