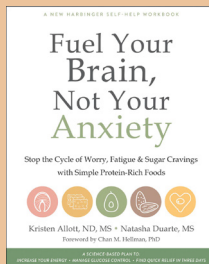




The Link Between Diet, Mental Health and Addiction

REGISTER NOW



Those who struggle with substance use disorders almost always have accompanying mental health issues such as anxiety, depression and fatigue. But this doesn't have to be the case: In our July forum, we'll explore the link between our diet and how we feel, and how a few simple changes can make all the difference.

Monday, July 12th

7:00PM EST / 4:00 PM PST



Virtual Forum (Zoom Webinar)



Dr. Kristen Allott, ND, MS

Natasha Duarte, MS

Authors of *Fuel Your Brain, Not Your Anxiety*

FORUM DETAILS

Join us **Monday, July 12, at 7:00pm EST** (4:00pm PST) for a timely discussion with Dr. Kristen Allott, ND, MS, and Natasha Duarte, MS, authors of: *Fuel Your Brain, Not Your Anxiety: Stop the Cycle of Worry, Fatigue and Sugar Cravings with Simple Protein-Rich Foods*.

When life gets hectic, many of us turn to comfort foods to relieve stress and meet the challenges of our jobs, families, and relationships. But these foods—typically low in protein and high in sugar—can actually fuel anxiety, increase stress, and act as a roadblock to recovery. So, how can you feed your brain and not your anxiety?

In this virtual, interactive forum, you'll discover how protein and sugar affect your emotions and energy, and learn how to make healthier food choices—at home or on the go.

Designed for those in recovery and their family and friends — along with anyone wishing to learn more about fueling the brain — our July forum will offer tools for all food traditions (vegan, vegetarian, omnivore, religious, cultural or social) that support making simple, everyday changes that can lead to a more fulfilling life.

You'll learn:

- How protein and sugar affect your emotions and energy
- Tips and tricks to choose protein-rich foods, overcome fatigue, and restore your mental clarity
- Concrete examples of behavioral changes that can support long-term recovery

At the conclusion of the event, attendees will have the opportunity to sign up for a **FREE three-session book club** to further explore the workbook: *Fuel Your Brain, Not Your Anxiety*. The group will meet virtually on a bi-weekly basis starting in September. Additional details on how to register will be provided during the forum.

****Advance registration required****

Learn more and register at:

[HTTPS://BIT.LY/WFAN-0721](https://bit.ly/wfan-0721)

MCBAP CREDIT HOURS

MCBAP (Michigan Certification Board for Addiction Professionals)

Receive 1.5 credits for this Washtenaw FAN Forum. To obtain these credits, you must attend the entire session and complete a follow up survey. Certificates will be provided following the forum. Please email Molly Welch Marahar with questions and certificate requests at mowelch@umich.edu.

MEET THE SPEAKERS



KRISTEN ALLOTT, ND, MS

Dr. Allott is a naturopathic physician, national speaker, and pioneering advocate for the use of whole-foods nutrition in the treatment of mental health disorders and addictions. Allott is passionate about achievable results to improve energy, mental clarity, and decision-making.

Drawing on her experience as a clinician, a wellness director for people in addiction recovery, a black belt in Aikido, and an advocate for individuals experiencing food insecurity, she helps people live better and more engaged lives.

NATASHA DUARTE, MS

Duarte is an innovative and inclusive advocate with proven success in building relationships with widely diverse people from multiple cultures.

Her science background combined with strong social and cultural skills brings unique perspective to her work with food access, mental health, and building resilient communities. Duarte strongly believes that everyone should have the opportunity to be their best selves.



A community-based program, Washtenaw FAN seeks to change and save lives by empowering individuals and communities through education, prevention, and support.

For more info, visit: www.washtenawfan.org