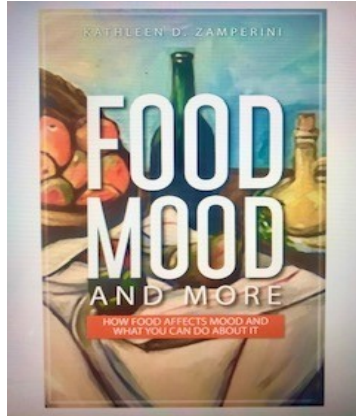




Invites you to attend a Series of Virtual Zoom Webinars

2022 Member and Family Educational Events



The Role of Nutrition in Mental Health FOOD MOOD and More

Presenter

Kathleen D. Zamperini, MA, LPC, NCGC-1

Director of Counseling

Catholic Charities of the Diocese of Pittsburgh

Kathleen will provide information on the role of nutrition and how it affects mental health .

When: Friday August 5 , 2022 1:00 - 2:30 PM Eastern Time (US and Canada)

Please register in advance for this training webinar by clicking the link below:

https://beaconhealthoptions.zoom.us/webinar/register/WN_6Q-9waVnRSuP8kkcxKRxw

After registering, you will receive a confirmation email containing information about joining the webinar.

If unable to register by clicking the link above, please dial in on August 5, 2022 at 1:00 PM EST 1-646-876-9923 to listen to the training.

Meeting ID: **913 2964 6787** Password: **873104**

This event will be recorded and available for viewing at <https://pa.beaconhealthoptions.com/members/member-resources/> after the event.

If you have any questions or need accommodations, please contact Bobbie Jo Comes at

BobbieJo.Comes@beaconhealthoptions.com or 724-636-9270