



**THURSDAY, JULY 18**  
**12:00 - 2:30PM**

\$10 at the door for lunch and training

Registration at 12PM.

The program starts promptly at 12:30PM.

**Location:** Aurora Santa Rosa Hospital  
1287 Fulton Road  
Santa Rosa, CA 95401

If you are interested in attending this workshop, contact Jane Rogan at (707) 548-3573 or [jane.rogan@aurorabehavioral.com](mailto:jane.rogan@aurorabehavioral.com) for a seat reservation.

## PART 1

# THE EMERGING SCIENCE OF NUTRITIONAL PSYCHIATRY

### Attendees will learn:

- What is nutrition and 'healthy eating'?
- What happens when people do not achieve 'healthy eating'?
- How can unhealthy eating affect people with mental illness?

### ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.



### PRESENTED BY:

**Gina Berry, MS, RD, CLT**  
Registered Dietitian,  
Aurora Santa Rosa Hospital