



UNIVERSITY of MARYLAND
MEDICAL CENTER

FREE WEBINAR

FOOD FOR THOUGHT: THE SCIENCE OF NUTRITION AND MENTAL HEALTH

**EVIDENCE-BASED INSIGHTS ON THE
GUT-BRAIN CONNECTION, KEY
NUTRIENTS, AND PRACTICAL STRATEGIES
FOR MENTAL WELLNESS**

Mental illness is increasing worldwide, and a growing body of scientific research shows that diet plays a meaningful role in mental health. In this presentation, we will explore the latest findings on how nutrition influences the brain, including the impacts of the gut microbiome, gluten, ketogenic diets, and common food additives. We will also highlight key nutrients that support mental well-being and share simple, recommendations and tips to help you nourish your brain throughout the week.



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DIRECTOR, MD PSYCHIATRIC
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THURSDAY, JANUARY 22, 2026 | 12 – 1 PM

BY THE END OF THIS SESSION, PARTICIPANTS WILL BE ABLE TO:

OBJECTIVE 1:

Explain current scientific evidence linking diet and brain function.

OBJECTIVE 2:

Identify dietary patterns that have shown improvements in mental health symptoms in recent studies.

OBJECTIVE 3:

Select easy, brain-supportive snacks and meals suitable for busy schedules.

SCAN TO REGISTER



EMPLOYEE ASSISTANCE PROGRAM

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