

YOU'RE INVITED TO A **ZOOM WEBINAR**

# **NOURISHING MINDS:** HOW NUTRITION CAN SUPPORT DEMENTIA CARE

**TUESDAY 22 OCTOBER,  
1PM – 2PM**



**DR LEIGH O'BRIEN**

*Registered Dietician*

Nutrition plays a vital role in the prevention and management of dementia. This webinar will present the latest evidence on nutrition and brain health and provide practical tips on how to optimise nutrition for people with dementia, both in the community and in care settings.

Leigh is a New Zealand registered dietitian. Having graduated from Otago University in 2003 she is now a consultant dietitian for two companies in Christchurch: Canterbury dietitians and Dietary Specialists. Leigh specialises in nutrition support for individuals with IBS and food intolerances, as well as clinical nutritional services for older adults in residential care facilities. In 2023, she completed her PhD investigating chronic diarrhoea in older adults and has been involved in numerous studies investigating the effectiveness of the low FODMAP diet in improving the quality of life for those with IBS.

This webinar will be of interest to those working with Older Adults living in the community and ARC facilities.

## **REGISTRATIONS REQUIRED**

Use the link:

<https://tinyurl.com/MHHNOURISH>

