



Region 10 Coordinating Council Presents the following training.....

Nutrition and the Developing Brain

Presented by:
Belinda Jauregui, LCSW, RPT-S
&
Cheryl Goldberg-Diaz, LCSW

Date: Wednesday, March 04, 2020
Time: 9:00 a.m. to 12:30 p.m. Registration time: 8:30 a.m. to 9:00 a.m.
Location: Roy Hill Education Center - 601 N E St. San Bernardino, CA 92415
Fee: **\$30.00 includes materials and continental breakfast**
Questions: Angie Lopez, RCSELPA, 951-490-0375/ angie@rcselpa.org

This presentation focuses on “Nutrition and the Developing Brain.” In today’s hurried lifestyle with the availability of fast foods, prepackaged foods, and frozen/microwaveable foods we have forgotten the importance of quality nutrition for the young developing brain. Today, many children present with diminished skills in concentration, attention and emotional/behavioral regulation that may simply be improved by getting back to the basics of adequate nutrition and hydration.

Outcomes:

Participants will:

1. Understand the importance of regular meals and snacks to maintain optimum brain function.
2. Understand the importance of the types of foods that provide optimum nutrition.
3. Understand the importance of maintaining consistent hydration.
4. Understand the negative impact of a diet high in sugar and the recommended daily amount of sugar intake.
5. Understand potential harmful substances in our current food sources that may be impacting the developing brain and jeopardizing the overall health of our children

Disclaimer: Neither Cheryl Goldberg-Diaz or Belinda Jauregui are nutritionists or health/medical professionals

Audience: Administrators, School Psychologist, Program Specialist, Special Education Teachers, General Education Teachers, Infants and Preschool Teachers and Related Services Providers

Registration Deadline: March 3, 2020
Registration must be submitted on-line at: [Registration Link](#)
Follow OMS online registration instructions.

Payments: Please mail your payment along with a copy of your pending registration to: Angie Lopez, RC SELPA-Val Verde USD; 2935 Indian Ave. Perris, CA 92571. Payment must be received by March 3, 2020. Checks should be made payable to Val Verde Unified School District-SELPA.

Refunds will not be provided for no shows or cancellations after March 3, 2020

Individuals who require special accommodations for disabilities are asked to contact the SELPA office at (951) 490-0375 at least fifteen (15) working days prior to workshop.