



# EAT WELL, BE WELL



HOW NUTRITION, FITNESS, REST, AND STRESS MANAGEMENT AFFECT MENTAL HEALTH



## CALM THE BODY, CALM THE BRAIN

Children's Home Society of Virginia, in partnership with Happy Body Wellness, is presenting this interactive workshop for adoptive and foster parents. We will be led through information and activities by Bethany Watkins, Registered Dietician and foster parent, to help parents better understand how nutrition, exercise, rest, and stress management affect mental health. Each parent will walk away with new ideas for how they can better support their child or teen through activities, mindfulness strategies, and strategic food choices.

CHS will provide a trail mix bar for families to utilize their newfound knowledge and create healthy, brain-friendly snacks. Our staff will be on site to answer any questions about adoption, foster care, trauma, or post adoption support.

In partnership with:

HAPPY BODY  
WELLNESS

This program is generously funded through grants from the Virginia Department of Social Services



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES

**Date:** Thursday October 24<sup>th</sup>, 2019  
5:30-7:30pm

**Location:** 1717 Innovation Center  
Trolley Room

1717 East Cary Street, Richmond VA  
23223

**Cost:** FREE for adoptive parents and  
foster parents; \$15 for professionals

**Registration:** Space is limited,  
[Register Here](#)

Please wear comfortable clothes as  
we will be practicing some of our  
activities during the workshop!

Contact our Post Adoption Program  
Manager, Sara Buckheit, for more  
information at [sara@chsva.org](mailto:sara@chsva.org).

**CHSVA.ORG** 804.353.0191