

Mood, Behavior, and Learning Issues: An Environmental Perspective

Workshop Available Free:

Made possible through an award from the Garden Club of America

The mood, behavior, and learning issue effects on children of sedentary lifestyle and denatured foods will be the subject of an environmental education workshop presented by Dorothy Mullen.

The programs are funded through the Elizabeth Abernathy Hull Award of the Garden Club of America. The hands-on workshop will help teachers, parents, school nurses, and counselors understand the consequences of raising children disconnected from nature and healthy food sources in terms of the brain effects. These include mood, behavior, and learning issues on the rise in school settings.

By the end of this experiential workshop, participants will have a clear and personal understanding of these effects. They will also understand how environmental education helps prevent, reverse or delay the brain effects.

Presenter: Dorothy Mullen, garden educator in Princeton, NJ and recipient of the 2008 Garden Club of America award given to those who contribute to the environmental education of youth. Dorothy is also the founder of the Suppers programs, including Suppers for Sobriety, a table-based recovery community for people who are ready to make diet and lifestyle changes to improve their health and/or make sobriety easier.

The workshop is available free within ½ hour drive time from Princeton.

The 8 funded workshops will be scheduled one per district on a first-come, first-served basis. Contact: Dor@SuppersforSobriety.org, 609 921 0441.