



# Registration

**All participants must register!**

**Please Contact: Kyra Foht**

Mercer County Behavioral Health  
Commission

Phone Number:

**724-662-1550**

Email:

**kyra.foht@mcbhc.org**

Registration Due:

*April 27<sup>th</sup> 2026*

Unfortunately  
transportation is  
unavailable

If you have a  
gluten restriction  
please let Kyra  
know

# Agenda

**9:30 - 10:00**

Registration, visiting with vendors, and  
continental breakfast

**10:00 - 10:05**

Welcoming remarks:  
NFI Chair - Anna Shears

**10:05 - 11:15**

Dr. Maloney

Understanding the Food-Mood Connection:  
Why Nutrition Matters to Your Mental Health

**11:30 - 12:30**

Keith Cross

The Sound of Wellness:  
How Music & Movement shape the brain & Mood

**12:30 - 1:30**

Lunch

**1:30 - 2:30**

Katie Gassner

Growing Wellness:  
Succulent & Self Care Workshop

**2:30 - 2:45**

Wrap-Up

# Learning Objectives

## Nutrition



- Learn Why Nutrition Matters in Mental Health
- Understanding the 'Food-Mood' Connection
- Learn various nutrients that nourish the brain, gut and body for optimal health
- Participants will play "Eat this not That" for fun and health!

## Music & Movement



- Understand how music and movement affect brain function and emotional regulation
- Explore how sound influences key brain chemicals
- Discover practical ways music and movement can support every day mental health
- Engage in a live demonstration showing how instruments and rhythm impact mood

## Succulents & Self-Care



- Identify how nature-based activities, like planting, support emotional regulation and resilience
- Explain the parallels between plant care and human self-care
- Demonstrate practical self-care strategies

