



4-Week May Mental Health Month Program – 2026

Nourish the Mind: Mental Health & Brain-Healthy Living



Support your mental well-being with practical strategies and nourishing foods that promote brain health. This interactive 4-week program combines mental wellness education with live cooking demonstrations to help participants build sustainable habits for stress management, mood, sleep, and resilience.

Program Format (60 minutes each week)

- 30-minute webinar – practical mental health strategies
- 30-minute cooking demo – brain-supportive recipes

Themes build each week: Awareness → Resilience → Connection → Sustainable Habits

Events take place **Mondays at 12:00 PM (except on Memorial Day) and Fridays at 12:00 PM, all Eastern Standard Time (EST).**

 AWARENESS	 RESILIENCE	 CONNECTION	 SUSTAINABLE HABITS
<p>Week 1: Understanding Stress & Building a Mental Health Foundation</p> <p>Webinar: Understanding Stress & Its Impact</p> <p>Cooking Demo: Mediterranean Salmon Power Bowl</p>	<p>Week 2: Mood, Nutrition & Energy</p> <p>Webinar: Food & Mood – The Gut-Brain Connection</p> <p>Cooking Demo: Berry & Walnut Overnight Oats</p>	<p>Week 3: Sleep, Burnout & Recovery</p> <p>Webinar: Sleep & Mental Health</p> <p>Cooking Demo: Lentil & Spinach Soup</p>	<p>Week 4: Building Long-Term Mental Wellness Habits</p> <p>Webinar: Creating Sustainable Mental Health Habits</p> <p>Cooking Demo: Dark Chocolate Almond Energy Bites</p>

Program Features

- Practical stress-management tools
- Brain-healthy recipes and nutrition education
- Downloadable resources and recipe handouts
- Interactive polls and live Q&A
- Recorded sessions available

Participant Activity:

Monthly Food & Mood Journal to track nutrition, energy, and emotional well-being.

Total cost : \$1,500

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