



# Performance Nutrition After TBI

## TBICoE EDUCATION SERIES

Traumatic Brain Injury Center of Excellence

**Wednesday, March 4, 2026**

**2 to 4 p.m. ET**

*CME/CEs pending*

This training examines the critical role of nutrition, supplementation, and gut health in optimizing recovery and performance following TBI. Participants will learn how specific diets and evidence-based supplements can help heal the brain, lower inflammation, and improve thinking and energy. The session will also highlight new research on the gut-brain axis and how it affects mood, thinking, and recovery, with tips on how to use these ideas in TBI treatment and care.

Click Here for the  
Microsoft Teams Room

Visit [health.mil/TBICoEEduSeries](https://health.mil/TBICoEEduSeries) for more information.

Send an email to [dha.TBICoEDissemination@health.mil](mailto:dha.TBICoEDissemination@health.mil) for any additional questions.

The TBICoE Education Series is an enterprise-wide learning opportunity for Military Health System stakeholders. Since inception, this series provides trainings and events that are relevant to the MHS, discussing specialty topics and current research related to TBI.