

Knowledge That Moves You Forward

**VIRTUAL EDUCATION SERIES / SECOND TUESDAY EACH MONTH / FREE FOR APA MEMBERS**

**1 CME  
Credit  
Available!**

## FEATURED WEBINAR

Next Session - March 10, 2026  
at 8pm ET

### Metabolic Psychiatry: Nutritional Supplements for Brain Energy

with Dr. Beata Lewis

This session will cover supplements with the strongest evidence for improving brain metabolic function, including omega-3 fatty acids, B vitamins, CoQ10, NAC, magnesium, and key antioxidants.

Discussion will include how these nutrients support mitochondrial energy production, reduce oxidative stress, and address metabolic dysfunction at the cellular level.

## REGISTER

**FREE FOR ALL APA MEMBERS**

**\$30 FOR NON-MEMBERS**

[nycpsych.memberclicks.net/psychedge](https://nycpsych.memberclicks.net/psychedge)



Click the link above to create a NYCPS account and register for the event. This event is free for all APA members.

Coming Soon on  
 PsychEdge

**April 14, 2026**

*Tech Addiction*

**May 12, 2026**

*The Caregiver Crisis, A  
Silent Epidemic*

**June 9, 2026**

*To Be Announced*

*...and more sessions  
throughout 2026 including  
topics on Advocacy,  
Physician Wellness and  
Private Practice!*

**CME will be offered for 6 of  
the 12 events in 2026.**

## CME Accreditation & Disclosure Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the ACCME through a joint providership of Florida Psychiatric Society and the New York County Psychiatric Society. The Florida Psychiatric Society is accredited by the Florida Medical Association to provide Continuing Medical Education for physicians. The Florida Psychiatric Society designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

