



COURSE
CERTIFICATE

Dec 9, 2025

Hanna Borowska

has successfully completed

Nutrition for Optimal Mental Health

an online non-credit course authorized by National Academy of Sports Medicine and offered through Coursera



NASM Faculty

NASM Faculty
National Academy of Sports Medicine (NASM)

Verify at:

<https://coursera.org/verify/KH1L064NAWQR>

Coursera has confirmed the identity of this individual and their participation in the course.