

Free Seminar

Nutrition & Gut Health

DECEMBER 12, 11:00-12:00 P.M.,

LOCATION: FAC WET CLASSROOM

Do you have persistent or unexplained bloating, diarrhea or indigestion? Do you often feel stressed or have brain fog? If you have experienced any of these symptoms, sign up to learn more about optimal gut health.

Join me to understand the gut's role in physical and mental health! Topics covered include:

***Understanding the Gut
Foods for a Healthy Gut
Nutrition & Mental Health
Gut Health & GI Diseases
A Gut-Friendly Lifestyle
Assessing Your Gut Health***

Opportunities for 1:1 Consults Available

Call FAC to Reserve Your Spot : 616 847 5858

No Cost
to You!

FAC Members Only- Registration Required