



**Please Join Us in Celebrating Good Health!**

## **NUTRITION AWARENESS WEBINAR**

### **GUT HEALTH: WHAT YOU NEED TO KNOW**

**NOVEMBER 10<sup>TH</sup>**

**3:15PM – 4:15PM ET**

#### **Learn...**

- The secret formula to optimal GI health
- The FODMAP diet, an eating pattern that has helped many cope with poor GI health
- Safe exercises to help tighten your mid-section

**[CLICK HERE TO REGISTER](#)**

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