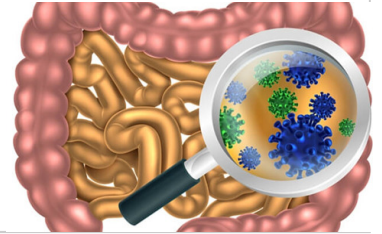


Mind the Gut!

The Benefits of a Healthy Gut on the Brain



Understand your gut and learn why the gut is now being called 'The Second Brain'

Presented by our Naturopath Ses find out about:

- gut function and the gut/brain connection
- the impact your gut has in conditions like anxiety, depression and irritable bowel syndrome
- treatments to improve gut health and prevent problems

Thursday 17 May 2018

10am-1pm



At 55 Thornley Street Leichhardt

Cost: \$20 (concession \$10)*

Payment is required on booking

Light refreshments and all materials provided



 lwchc  @lwchc www.lwchc.org.au

* Fees are negotiable if difficult to pay

 **Leichhardt Women's**
COMMUNITY HEALTH CENTRE

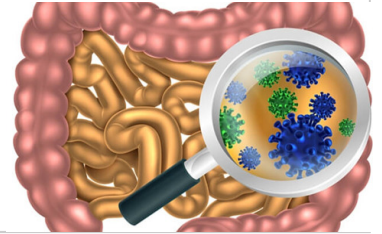
LWCHC is funded by Sydney Local Health District

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