

# WHAT IS YOUR GUT TELLING YOU?

Most of our immune system is actually in our gastrointestinal tract. You can improve your health and treat chronic conditions by eating to promote optimal gut health. Learn about the connection between the gut, the immune system, and the brain. Learn what foods promote good gut health and strategies to incorporate those foods into your diet, including new, delicious gut-healthy recipes!

Instructed by Natalia Garcia, RDN, LDN, IFNCP, CISSN, CHWC

Date	Time	Location
Thursday, September 12	12p - 12:45p	Transit, Conference Room <b>**Transit/Transit Fleet Only**</b> 2411 Tallevast Rd, Sarasota
Thursday, September 26	12p - 12:45p	MSO Ops, Media Classroom <b>**MSO/CPID Only**</b> 600 U.S. 301 Blvd W #202, Bradenton <i>Register on PowerDMS</i>
Thursday, October 3	12p - 12:45p	Public Works, Conf Room 1 1022 26th Ave E, Bradenton
Thursday, October 17	12p - 12:45p	Admin Building, 3rd Floor REO Conf Room A 1112 Manatee Avenue West, Bradenton

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**  
(Select "What is Your Gut Telling You" in the dropdown menu or use the search bar)



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