

# GUT HEALTH SERIES

AT THE PARKSVILLE SENIOR DROP IN CENTER

**14**  
**MAY**

## MICROBIOME

01:30PM - 2:30PM

Factors affecting the gut microbiome, including antibiotics, prebiotics, & probiotics

**21**  
**MAY**

## INFLAMMATION

01:30PM - 2:30PM

Inflammation sources & management including intestinal permeability & fermented foods

**28**  
**MAY**

## MENTAL HEALTH

01:30PM - 2:30PM

The enteric nervous system, neurotransmitter production, mindfulness

**04**  
**JUN**

## LIFESTYLE

01:30PM - 2:30PM

Exercise, sleep, unhealthy habits, stress effects and management

**11**  
**JUN**

## AGING WELL

01:30PM - 2:30PM

Weight gain, blood pressure, cholesterol, diabetes, stomach acid & using food as medicine

**A NATURAL APPROACH TO IMPROVING GUT HEALTH WITH RHN, HANNAH STILES**

**CHOICES MARKET, PARKSVILLE**