Feb 20, 2020 10:00am - 11:30am

Why Your Gut Health Is More Important Than You Think

In this lecture, hosted by Gilda's Club, Austin Park, Registered Dietitian Nutritionist from God's Love, will cover the evidence-based research on gut health and its effects on the body’s systems. Information regarding gut health and cancer, important dietary and lifestyle tips, and probiotic use will be addressed.

Mount Sinai Hospital
1470 Madison Ave. (between E. 101st and E. 102nd)
3rd floor, Conference Room 105

For more information or to register please contact:
Jamie Shapiro, LCSW at (212)647-9700 ext:245 or email: jshapiro@gildasclubnyc.org