



Aug 12, 2019 6:00pm - 7:30pm

Free Nutrition Education Presentation: Why Your Gut Health is More Important Than You Think

Join Austin Park MS, RDN on Monday, August 12, from 6PM – 7:30 PM, at **Gilda's Club NYC** to learn about gut health. This presentation will cover recent research on gut health and the gut microbiome and their effects on: digestion, the immune system, and the brain. The connection between the gut health and cancer will also be covered. Practical and effective diet and lifestyle recommendations for gut health, including diet changes and probiotic use, will be presented as well.

Gilda's Club
195 West Houston St, NY, NY 10014

Registration required. Please call 212.647.9700 to register