

Jun 30, 2021 1:30pm - 3:00pm

Why Your Gut Health Is More Important Than You Think

Facilitator: Austin Park, MS, RDN,CDN, God's Love We Deliver

This lecture will cover evidence-based research on gut health and its effects on the body's systems. There will also be an emphasis on its relation to brain health and the immune system as part of this discussion. Also, important dietary and lifestyle tips for optimal support of gut health will be addressed.

To register:

Gilda's Club NYC Members click [HERE](#)

All others click [HERE](#) to complete a profile and then register for your activity on the Gilda's Club calendar or call 212-647-9700.