

2022 Wellness Webinar Series

BROUGHT TO YOU BY THE SOLUTIONS GROUP, A DIVISION OF PRESBYTERIAN HEALTHCARE SERVICES



Join us each month. Our Webinars will provide you with ways to enhance your well-being and help you be successful in your journey to better health.

**MAY
18**

12 pm - 1 pm

Get in Touch with Your Gut Health

As an expert in the human microbiome, Renee will explore what the microbiome is and how it impacts every aspect of both our physical and mental health. Learn about the role of pre, pro and post-biotics, dietary habits and the role of the gut-brain connection. Be prepared for a fiber-fueled journey into the depths of gut health!



[REGISTER HERE](#) for webinar series.

