

# are you following your Gut Instinct?



Having a healthy gut can influence your wellbeing in more ways than just your digestion.



The **From the Word Grow Project** invites you to a seminar about how to keep our gut bacteria happy.

Come and learn about why this is important and how best to look after them so that you can then enjoy the benefits to your physical and mental health:

## When and where:



**Thurs, 19 May**

7:00pm to 8:30pm



**Glenroy Library at the Glenroy Hub**

Wheatsheaf Rd, Glenroy, 3046

## Presenter:



**Sujata Joshi, cohealth**

Accredited Practicing Dietitian

## To register:



**Scan the QR code or go to**

[eventbrite.com.au/e/gut-microbiome-seminar-tickets-314029268997](https://eventbrite.com.au/e/gut-microbiome-seminar-tickets-314029268997)



## good gut health:

reduces **food intolerances**

improves **immunity**

reduces **constipation and irritable bowel**

reduces **inflammation**

improves **mood**

**cohealth**  
care for all



**Moreland**  
City Council



**Public Libraries**  
Victoria