



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING PRESENTS: GUT HEALTH A-Z

presented by: Dr. Katy Firisin

WEDNESDAY, MARCH 11

7:00 PM

**Westport Weston Family YMCA
Schine Meeting Room**

DINNER & DISCUSSION:

Do you think you are supposed to eat yogurt or Kombucha? If you do, it's not likely enough! Have you ever wondered if you should take or been told to take a probiotic?

The little microbes in our gut have FAR reaching effects from skin conditions, autoimmune disease and our ability to produce nutrients! Come learn how gut health and bacteria can impact your health and how to built and maintain a healthy gut and how to choose the right probiotic.

**Please RSVP on or before Monday,
March 9th: sgoldman@westportymca.org**

Questions:

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