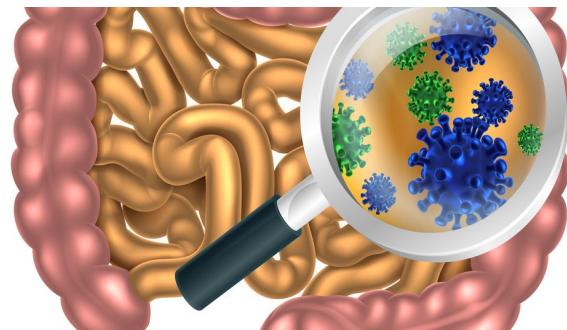


# A talk you don't want to miss...

## **Your Gut and your Health**

Leaky gut, microbiome, second brain, probiotics... what does it all mean? Learn how your gut impacts your health in a big way... and how to support healthy gut function.



**When:** Oct 25th Wednesday  
7:30 – 8:15 pm

**RESERVE** your seat at: [www.bzgut.eventbrite.com](http://www.bzgut.eventbrite.com)

Don't miss this opportunity as **attendance is limited to the first 12** that register for each seminar.

Please note there is no charge for this event.

**Where:** BodyZing Fitness Center, 3385 Mt Diablo Blvd, Lafayette

For more info: Dana Hemmingsen, FDN-P 925.683.6275  
Dana@BodyZing.com [www.BodyZingHealth.com](http://www.BodyZingHealth.com)