

NUTRITION & SUPPLEMENTATION WORKSHOP FOR GUT HEALTH

Learn how to **improve your digestion** & ease **bloating, abdominal cramping, diarrhea, constipation, burning, etc.** to **reduce the risk of multiple medical problems** that could result & **optimize your quality of life!**



**Taught by Functional Medicine Dietitian,
Heather Gilliam MPH, RDN, CSOWM.**

Email to find out date for next class.

heatheragilliam@gmail.com

Held 6:00pm-7:30pm, in person, in Agoura or
Thousand Oaks.

\$45



Registration & payment recommended ahead of time as
class limit is 12 clients to ensure personal attention.



My **free nutrition guides** (including Heal Your Gut) are
available to download **www.nutritiontransformation.com**

YOU Can Heal Yourself!!