

PLEASE JOIN US

An educational seminar by Julie Starkel, MS, MBA, RDN



THE HEALTH BENEFITS OF GOOD BACTERIA FOR YOUR IMMUNE SYSTEM AND BRAIN

Thursday May 18, 2017
6:30-8:00 p.m.

Did you know that you have 10 times more bacteria in your large intestine than you have cells in your whole body? And did you know that not all bacteria are bad? The health of your body systems, from your immune system to your brain, relies on a wide variety of beneficial bacteria.

We will discuss how we acquire these bacteria, how we keep them healthy and happy, and what you can do to influence them for greater health.

Event is free to attend.
Refreshments will be provided.
Please RSVP to 206-387-4134

Aegis Living
of Queen Anne at Rodgers Park
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