



EAT BETTER, FEEL BETTER: Nutrition and the Digestive System

A ZOOM class Presented by:

Christy Goff, MS, RDN, CD, Pacific Medical Centers
And
Comfort Keepers, South King County

Learn about the mechanisms and steps within the digestive process AND how to increase your body's absorption of certain nutrients to improve overall gastrointestinal health & digestion.

Wednesday, March 24, 2021, 10 AM

To Register

**Call 253-945-1400 or email
southseattle@comfortkeepers.com**

Deadline: Monday, March 22, 2021



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