## Tache Pharmacy presents:

## **GUT INSTINCT:**

uncover the critical connection between a healthy **gut** and a healthy **brain** 

An engaging seminar Award-Winning Clinician, Board-Certified Diplomate, Advanced Fellow & Licensed Pharmacist

Tara Maltman-Just, B.Sc.Pharm., RPh, ABAAHP, FAARFM

Do you have a "gut" feeling that something is OFF with your digestion or nutrient intake? Is it possible it's affecting your mood?

Chew on these tips to correct nutrient depletions, personalized nutrient needs and more!

Bloated?

depressed

Weight gain?



Tired?

Psoriasis? Eczema? Allergies? Irritable bowel?

Date: Tuesday, December 2nd

Time: 6:30 pm - 8:30 pm

Place: Caboto Centre

1055 Wilkes Ave

Cost: \$10\*

\*can be credited toward future services

**RSVP**: (204) 505-0211 or

info@vitalityintegrativemedicine.com

Treating the person, not just the disease....

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