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# Uncovering Your Food Sensitivities

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**FRI, FEB 25TH | 5:30-6:30PM  
LAHAINA JODO MISSION**

**IS YOUR FOOD CAUSING YOU UNWANTED SIDE EFFECTS?  
FOOD SENSITIVITIES CAN CONTRIBUTE TO A HOST OF  
UNCOMFORTABLE SYMPTOMS, SUCH AS ECZEMA, BLOATING,  
FATIGUE, AND MANY OTHERS. JOIN DR. STEPHANIE DENT, DNP,  
APRN OF OLA LOA FAMILY PRACTICE AS SHE UNCOVERS THE  
SCIENCE BEHIND FOOD SENSITIVITIES AND TEACHES TECHNIQUES  
TO HELP YOU IDENTIFY TROUBLESOME FOODS IN YOUR DIET.**

**SPACE IS LIMITED! CONTACT:  
OLALOAFAMILYPRACTICE@PROTONMAIL.COM  
OR CALL/TEXT 808-281-0255.**



**OLA LOA**  
Family Practice