With 3/4s of our immune system housed in and around our digestive tract, a healthy gut is crucial for wellness.
Course participants will:
• Learn how digestion and gut health influence the immune system
• Explore intestinal ecology, the gut microbiome
• Clarify how food informs gut wellness
• Expand our understanding of the Gut-brain connection

REGISTER ONLINE
www.turnerfarm.org/events

$60 with
Farm-fresh lunch included

UC Center for Integrative Health and Wellness
Community Programs at the Turner Farm Teaching Kitchen