Weight & Wellness
April 25, 11 a.m.-1 p.m.
Preeti Bansal Kshirsagar, RD

Learn key concepts in understanding the relationship between food and optimal health, including:

• The role of certain macro-nutrients, chronic inflammation and phytonutrients in weight management
• The benefits of fiber in weight management
• How food timing relates to weight and health
• How to improve your gut microbiome with nutrition

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