



Health Gut. Healthy Brain.

In the past few years, our understanding of the link between the gut and the brain has exploded. Many studies now reveal the close physiological relationship between the gut and the brain.

Join us in this one-hour presentation, where we'll explore gut health in more detail, the microbiome, how the gut and the brain communicate, and what you can do to look after your gut.

Speaker: Desiree Pule, Certified Health Coach.

Date: 19th April 2023

Time: 10h30

Place: Large TV Area