



Keynote Speakers:

*Nutritionists: Sandy Wesson, RN, NTP, CGP
and Anne Morrison, RN, NTP
Fresh Food Chef, Wellness Educator and Cookbook Author:
Suzanne Landry*

Do You Have the GUTS to be HEALTHY?

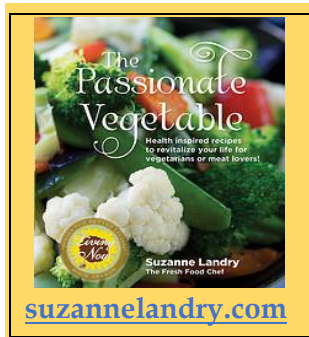
Join us for an Informative (and *Delicious*) Afternoon

***Did you know that 90% of our “feel good”
neurotransmitter, serotonin, is made in your gut?***

Program includes:

- **Taste how delicious healthy can taste –
Small plates served**
- **Mix, Mingle, and Network**
- **Learn which foods can help your digestion**

*Learn the natural self-care and dietary changes you can
make to help your gut function optimally. We will give
you tools that even your doctor doesn't know!*



Feb. 9, 3-5 pm

Natural Grocers
3188 N. Hwy 97, Bend

***Learn natural self-care to
keep your gut healthy.***

Register:

\$35 per person

Limited to 40 guests

**Advance payment required
by February 5th.**

Use link below for registration:

www.lightpathcenter.org
(Click on the “Participate” tab)

TAKE-AWAYS

- Tool Kit of Handouts and Delicious Recipes
- Learn how digestion affects
 - Brain Fog
 - Moods
 - Energy
 - Sleep
 - Chronic Disease
 - And More...

Hosted by LightPath Center
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