



# SUPPORT A HEALTHY GUT & MIND

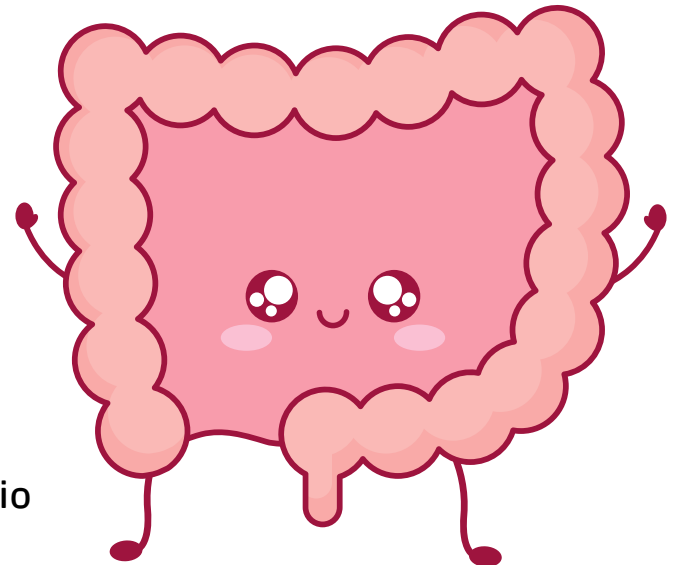


## SUPPORTING A HEALTHY GUT MICROBIOME WITH DR. BREAA CHIPPEWA FALLS YMCA

Join Dr. Brea from Chipota Chiropractic for a discussion on the mind/gut connection and its effect on mental health. Dr. Brea is the Owner/Proprietor of Chipota Chiropractic and is also a certified Functional Medicine Practitioner.

### LEARN HOW TO:

- Diversify your gut bacteria
- Eat in ways that will heal your body
- Pro-Biotics vs Pre-Biotics
- Foods that should be consumed with supplements



WHEN: Tuesday, December 6

TIME: 10:30 AM

WHERE: Chippewa Falls YMCA - Strength Studio

Cost: FREE to YMCA Members

**Registration is Required | Min. 5 participants**

[WWW.YMCA-CV.ORG/AOA](http://WWW.YMCA-CV.ORG/AOA)