

MCPS Well Aware presents

Trust Your Gut Health

Discover the importance of maintaining a diet that promotes optimal and consistent digestion. A well-functioning gut serves a greater purpose than just breaking down food. Your gut health plays a crucial role in supporting your immune system, regulating hormones, enhancing brain function, and much more. Take part in this webinar to gain valuable insights on how you can contribute to the healing of your gut and improve your overall well-being.

- **WEDNESDAY,**
MARCH 19, 2025
4:30–5:30 p.m. Webinar/ Recording

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

