

Health Takes Guts!

Reset Your Microbiome, Nervous System & Metabolism

4-Part Lunch & Learn Workshop with Natalia Garcia, RDN, LDN

Join integrative dietitian **Natalia Garcia** to learn science-backed strategies for improving gut health, digestion, metabolism, and nervous system balance



Session 1 - Rebuild Your Microbiome

Learn how to nourish beneficial gut bacteria and create a microbiome that supports energy, immunity, metabolism, and overall wellbeing.

Session 2 - Your Second Brain

Explore the powerful gut-brain connection and how stress, mood, and nervous system balance influence digestion, cravings, and eating behaviors.

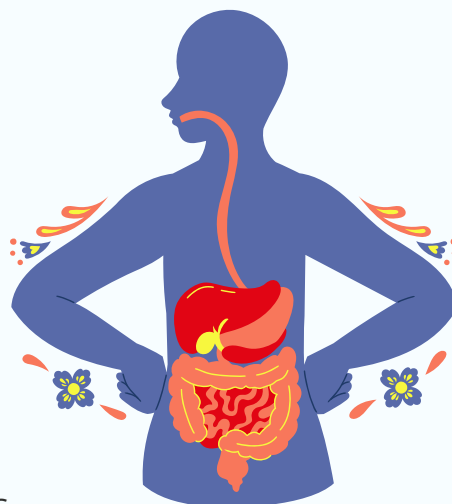
Session 3 - Healing the Gut

Identify common drivers of gut imbalance and leaky gut, and learn how to restore digestive integrity from the inside out.

Session 4 - Gut-Friendly Living

Discover practical foods, probiotics, and daily habits that support long-term digestive health, weight balance, and immune resilience.

REGISTER



May 6TH, 13TH,
20TH, 27TH



12-1pm



ZOOM

For BOCC Employees Only: This YourChoice workshop earns points in the **ManateeThrives/Physical Wellbeing Pillar for a 3 - 4-week YourChoice Workshop**