Friend or Foe: Digestion 101

Spring 2019 Workshop for Students

Is your gut your friend or foe? Join SHAC’s Nutritionist to learn about dietary and natural remedies for heartburn, constipation, IBS, bloating and gas. Explore what is an ideal bowel movement and how you could improve your own BM.

When & Where
Tuesday, April 30
1:00-2:00 PM
SHAC, Room 234

What You’ll Learn:
- Common causes for heartburn, constipation, IBS, bloating and gas
- How to rebuild and improve digestion and elimination
- Get answers to your questions

NO CHARGE!
For More Info, E-Mail: peerhelp@unm.edu