

2023 Wellness Webinar Series



Wednesday
September 20
Noon - 1:00 p.m.

Gut Health's Impact on Well-being

Since the emergence of the Human Microbiome Project, compelling data has revealed that the digestive system's impact on overall health and well-being is even greater than we could have imagined. We have a gut feeling that this session will surprise you as you learn best practices to fuel your gut and feed your mind.



[REGISTER HERE](https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ) for webinar series.

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SCAN ME

Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.