

2026 Well-being Webinar Series



Gut Instincts: Microbes, Immunity & You

Your gut is home to trillions of microbes that shape everything from digestion to immunity. This session unpacks the cutting-edge science of the microbiome and its role in chronic disease prevention. Learn how stress, diet, antibiotics, and lifestyle affect gut diversity, and explore simple, evidence-based ways to support a healthier microbiome.



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