

Is Your Gut Ready For Summer?

Your gut affects your

- allergies
- immune system
- hydration level
- ability to digest dodgy BBQ!

**Free / Koha
Wellness Talk**

**Get your Gut into
Shape for Summer!**

Churton Park Community Centre
75 Lakewood Ave, Churton Park
Tuesday 12th November at 7:30pm

Call Gloria on (04) 473 7907 for more information