



# LEARN ABOUT GUT HEALTH WITH ALI PATTERSON, DIETITIAN

For centuries our gut was considered a humble organ with no further responsibility than to churn and digest the food that we eat. Fortunately, we now know that the gut (thanks to our very clever gut microbiome) has wide reaching roles within the body, including influencing immune function and mood.

Join Accredited Practising Dietitian Ali Patterson for a conversation about gut health, with a particular focus on understanding how our gut microbiome influences our overall health. We'll also discuss how to best promote good gut health through the foods that we eat.

With plenty of opportunity for discussion and questions, as well a gut friendly morning tea, this session is not to be missed!

**When:** Saturday 8th May, 10am to 11am followed by morning tea.

**Where:** Wye River Surf Life Saving Club, Wye River Foreshore.

**Cost:** \$10 Adults, \$5 Children. Free for children under 10.

**Bookings Essential:** [www.trybooking.com/BQOMP](http://www.trybooking.com/BQOMP)

**Enquiries:** [info@gorh.vic.gov.au](mailto:info@gorh.vic.gov.au) or ph: 5289 4300



This event is part of the Otway Coast Hamlets Social Inclusion Program and is supported by:

