

Gut Health Talk

Learning how to make the right food choices is the key to a happy you

Thursday 5 March

9:30am – 11:00am

Book online or in-store

squiresgardencentres.co.uk

Squire's Badshot Lea

SQUIRES
GARDEN CENTRES



This talk is essential for everyone with a body.

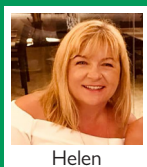
The gut plays a vital role in your overall health and wellbeing. The benefits of balancing your gut microbiome are enormous, and include:

- Reducing stress and anxiety.
- Weight management.
- Better sleep patterns.
- Improving mood and helping with depression.
- Minimising inflammation & joint aches.
- Preventing major diseases.
- Fighting illnesses such as Crohns, IBS, Fibromyalgia & more!

In this informative 90 minute talk with Helen, you will learn;

- Why gut health is important and what affects it.
- How to improve and maintain your gut and the rest of your body as a result.
- What foods are good for you and the benefits of grow your own.
- First steps to a gut cleanse.

A little about Helen



Helen

Helen Carpenter-Waters, awarded Fitness Leader of the Year, has over 35 years' experience in the health, fitness & wellbeing industry. She is renowned for motivating and informative talks. Her mission is 'to assist people in reaching their health, fitness and wellness potential'.

Helen is not taking a fee for this talk, she has asked that all proceeds are donated to Phyllis Tuckwell, a charity close to her heart.

Tickets £10 per person – includes a gut health drink and snacks.

Advanced booking essential.

Badshot Lea Road, Farnham, Surrey GU9 9JX