



The 4 R Protocol for a Healthy Gut

Come join Dr. Jeff Roush, ND of Core Wellness Functional and Integrative Medicine for a talk on the influence of gut imbalance and chronic disease and what you can do to correct it!!

Dr. Roush will speak for about 20min giving you a layout of the digestive system, why it does more than break down food, what conditions can be associated with digestive imbalance, and most importantly how to correct it! He will leave time for all of your questions.

Where: Force Fitness studio, 925 Menlo Park Rd

Time: 6:30-7:30pm

When: Tuesday February 12th, 2019

Cost: FREE

Please RSVP to: 431-4169 (class size is limited)



Drawing for a FREE Food Sensitivity Test!

Open to all participants.

Sponsored by Force Fitness