

# A Healthy Gut For Optimal Health

How many times have you heard that good health starts in the gut?

Have you ever wondered why, even with a healthy diet, you may continue to have problems with your digestion?

Have you ever considered that persistent problems, including weight gain/loss, fatigue, low mood or chronic pain could be related to imbalances in gut flora?



**\$20**

For more information & to purchase tickets online:

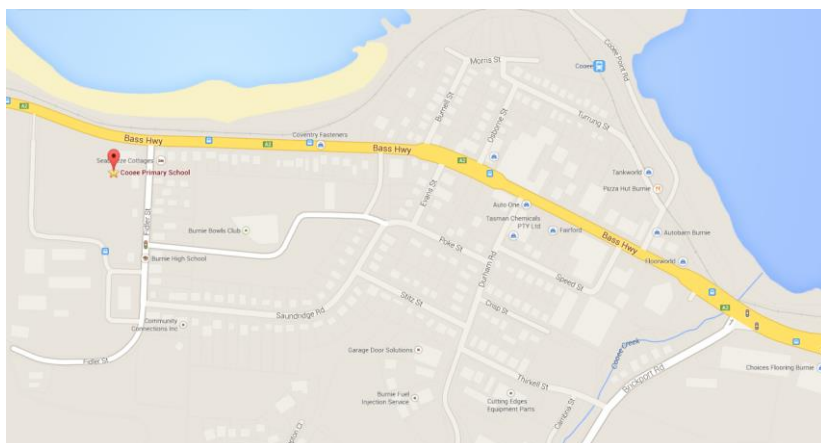
[www.eatand3veg.com.au](http://www.eatand3veg.com.au)

**Anita Rossiter** is a nutritionist registered with several professional associations.

She travels regularly to conferences and seminars around Australia to constantly improve herself and her services.

She works privately in Burnie and hosts group and individual programs with a focus on nutrition and wellness.

— *eat* —  
**AND 3 VEG**  
HEALTH HAPPINESS WELLNESS



**Sun 14 September**

**3:00pm - 5:00pm**

Cooe Primary School

Bass Highway

Cooe, Tasmania