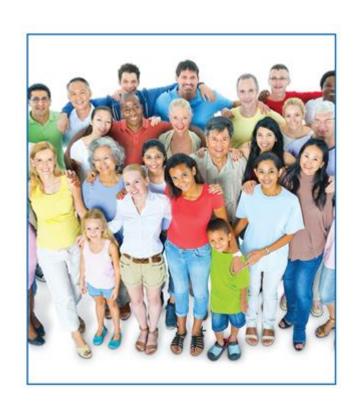


## **ACT ME/Chronic Fatigue Syndrome Society**

## INFORMATION SESSION

## **GUTSY STORY**



**Speaker:** Erica Roughton

**Accredited Dietitian and Nutritionist** 

Learn the difference between:

The microbes and microbiota

☼ signs of poor gut health and

x ways to obtain and maintain good gut health

When: Tuesday 7 August 2018 @ 12:30pm

Where: Meeting room, Building 1

**Pearce Community Centre** 

**Collett Place, Pearce**