



ACT
ME/Chronic Fatigue Syndrome Society




INFORMATION SESSION

GUTSY STORY



Speaker: Erica Roughton
Accredited Dietitian and Nutritionist

Learn the difference between:

-  *microbes and microbiota*
-  *signs of poor gut health and*
-  *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**

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