

Go With Your Gut!

*Ever wondered what the deal is about **Probiotics** and **Prebiotics**? Why would bacteria be beneficial to us?*

Learn more about how and why to include probiotics and prebiotics in your diet, where they are found, and what they taste like ... Enjoy **Free Samples, Recipes, Coupons, Products** from your local grocer and a **Cooking Demonstration** using some of these bacteria-filled foods!

Samples include:

Various Yogurts
Kefir
Granola Bars
Chocolate Bar
Cereal

Day: Tuesday, Oct. 6

Time: 5-6 p.m.

Where: Health Learning
Center/Kitchen
1644 Medical Center Pt.

Open to 25 people. Call to
reserve your spot today!

776-3617



HIIP Credit Available

Coupons for many of the products being sampled
Product from Sunflower Farmer's Market