

MMHG Wellness Presents:

FREE “Lunch & Learn” WEBINAR:

FODMAP– Unlocking the Key to Good GI Health

Tuesday, April 28th

1:00– 2:00 P.M.

**Attend this webinar from
your computer, tablet, or
smartphone!**

****Participants will be entered in a
raffle to win a \$25 gift card!****



Many individuals experience discomfort or pain after eating some of their favorite foods or have even been diagnosed with a variety of GI disorders. Attend this session and learn the secret formula to optimal GI health. The program is based on the FODMAP diet, an eating pattern that has helped many cope with poor GI health.

It's Easy to Register:

Click HERE or go to this link:

https://zoom.us/webinar/register/WN_5XADPLnnTJOtuKcRWb8Mjw

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device. To test the software prior to this webinar, go to: <https://zoom.us/test>

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.