



DIET NUTRITION AND DIGESTIVE HEALTH FINDING THE BALANCE IN FOOD FOR LIFE



HOW DOES FOOD AFFECT DIGESTIVE HEALTH?

The International Foundation for Gastrointestinal Disorders (IFFGD) have partnered with experts from Michigan Medicine's Division of Gastroenterology and the U-M Food for Life Kitchen for a virtual Norton Education Series event online. Join us for this **FREE Educational Event** to discuss how the foods we eat affect our bodies and overall health. Better nutrition choices play a role in improving: **DIGESTION • GERD • IBS • CONSTIPATION**



October 11, 2020
10:00 AM – 2:00 PM
FREE Registration:
<https://iffgd-nesmi.eventbrite.com>



NORTON
EDUCATION SERIES



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN