

Tache Pharmacy presents:



GUT INSTINCT:

*uncover the critical connection
between a healthy **gut** and a healthy **brain***

An engaging seminar Award-Winning Clinician,
Board-Certified Diplomat, Advanced Fellow & Licensed Pharmacist
Tara Maltman-Just, B.Sc.Pharm., RPh, ABAAHP, FAARFM

*Do you have a “gut” feeling that something is OFF with your digestion or
nutrient intake? Is it possible it’s affecting your mood?*

*Chew on these tips to correct
nutrient depletions, personalized nutrient needs and more!*

Bloated?

depressed

**Weight
gain?**

Date: Tuesday, December 2nd

Time: 6:30 pm - 8:30 pm

Place: Caboto Centre
1055 Wilkes Ave

Cost: \$10*

*can be credited toward future services

RSVP: (204) 505-0211 or
info@vitalityintegrativemedicine.com

Tired?

Psoriasis?

Eczema?

Allergies?

**Irritable
bowel?**

Treating the person, not just the disease....

www.vitalityintegrativemedicine.com