

MCPS Well Aware presents

Digestive Health

Chronic digestive issues can cause more than discomfort. Related conditions signal that food is not being properly channeled through the body, which can lead to numerous, immediate, and long-term health concerns. Learn how to eat for healthy and regular digestion.



- **WEDNESDAY,**
MARCH 20, 2024
4:30 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

