Conquering Your Sweet Tooth

Learn how to take care of your gut flora and combat your sweet tooth during the holidays

Thursday, December 6 6:30PM, Lecture Hall





CONQUER YOUR SWEET TOOTH BY TUNING INTO YOUR MICROBIOME

heather anne wise

Heather Anne Wise, MPH is a certified holistic health coach and author of the newly released A Gut Feeling: Conquer Your Sweet Tooth by Tuning Into Your Microbiome.



