

## Nutrition Seminar: Gut Health

A Free Virtual Workshop



Presented by **Cancer Support Community Atlanta**



How is our gut health related to our mind-body connection? Join registered dietitian, Haley McGaha, in learning how our gut health can alter our mental health and vice versa, how our mental health can alter our gut health! Together, we will learn all about our gut-brain axis and what can be done to mitigate the effects.

*Presented by:*  
**Haley McGaha, RDN,  
CSO, LD**

**Tuesday, February 20  
12:00 - 1:00 p.m.**

Register in advance for this program on our website at:

[www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar)

After registering, you will receive a confirmation email containing information about joining the program virtually.



**Registration**



phone 404.843.1880 • fax 404.843.1780  
1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342  
[www.cscatlanta.org](http://www.cscatlanta.org)

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