



FLOURISH & NOURISH: UNDERSTANDING THE IMPORTANCE OF GUT HEALTH

September 24, 2025 – 6:00 PM

Learn essential strategies to improve your gut health and its connection to overall well-being.

Why It Matters

- Gut health influences immunity, metabolism, mood, hormones, and detox pathways
- Sustainable dietary and lifestyle changes can promote balance and vitality.
- The GI-MAP helps uncover hidden infections, inflammation, and digestive dysfunctions



Presented by Nicole Quilici, “The Gut Girl”

Certified Holistic Nutritionist & Wellness Consultant. Nicole specializes in hormone balance, weight management, depression relief, gut health, and lab testing analysis.

Appetizers and beverages will be served.

Please RSVP by September 22nd



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