Maintain a Healthier YOU!

80% of our immune system stems from our gut health. Find out how easy it is to improve your overall health by maintaining a healthy gut.

PRESENTED BY JOLENE BURGER & ANNA LAROCCA

FREE - Registration Required

Tues. March 27 6:30-8PM

Edith B. Ford Memorial Library

EDITH B. FORD MEMORIAL LIBRARY

7169 N. Main Street Ovid, NY 14521

(607) 869-3031 contact@ovidlibrary.org