

**11:30 am-  
12:30pm**



**Lunch and Learn at the  
S.I.M GYM Sept 13th, 2016**

## **Dr. Lisa Tabrizi ND**

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Do you experience frequent digestive upset, gas, bloating, irregular or infrequent bowel movements or believe you have food intolerances/sensitivities? If you answered yes, please join us on Tuesday September 13th for our lunch and learn with local Hamilton Naturopathic Doctor, Dr. Lisa Tabrizi.

Dr Lisa will share simple and natural ways to support your gut health and teach you interesting and surprising facts about your tummy. You will leave the session feeling excited and empowered to nourish your gut health and improve your wellbeing!

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**At the S.I.M GYM in St.Joseph's Villa  
56 Governor's rd  
905-627-3541 ext 2109 or email us at  
s.i.mgym@sjv.on.ca to reserve your spot  
55 and older**