



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



**2020**  
*Series*

Trust Your Gut! Listen to what your gut has been trying to tell you all along. Learn the ins and outs of your digestion system, including symptoms, causes and treatment of IBS.

### **Trust Your Gut:** Managing Digestive Issues & Irritable Bowel Syndrome

#### **Register Here**

Participant will receive a confirmation email with the attendee link and call in number upon registration.

**Date: April 8, 2020**

**Time: 12:00pm – 12:45pm**

Los Angeles County  
DEPARTMENT OF

**Human Resources**

