

Northumberland

Family Health Team

Northumberland Mall, Unit 10

1111 Elgin Street West

Cobourg ON K9A 5H7

Gas, Bloating, IBS?



What is Irritable Bowel Syndrome (IBS), Finding your dietary triggers, What are FODMAPs?

This is a 2 week interactive workshop.

Date: Wednesday May 17 & 25th

Time: 9:30-11:00 am

Location: Northumberland FHT

TO REGISTER

Call 289-252-2139

Email info@nfht.ca