

*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: Thursday, May 17 & 24th**

**Time: 9:30-11:00 am**

**Location: Northumberland FHT**

**TO REGISTER**

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)