

# Work Shop Digestion and Gut Health (20 GBP)



## WORKSHOP Digestion and Gut Health



This workshop is for parents of Autistic children or adult. It will be run by Nikki Brown, Registered Nutritional Therapist from Heartfelt Nutrition, we will look at how nutritional and lifestyle choices can help improve digestion and gut health and how to optimise health and vitality.

20<sup>th</sup> June 2017  
10.00 am -12.00 pm.  
2 Burners Lane, Kiln Farm,  
Milton Keynes,  
MK11 3HB.

We have limited places for this workshop, to book your place please contact Time 4 Autism by telephone on 07721 183126 or by email to [nsvanthini@hotmail.com](mailto:nsvanthini@hotmail.com) £2 per person, no children allowed for this event.

"This event is organised by Time 4 Autism"

Time 4 Autism has been set up and run by a group of parents' volunteers, our aim is to organise trainings, sport and leisure activities in Milton

Location

**East of England, Bedfordshire**

<https://www.freeadsz.co.uk/x-531380-z>

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