



WANT TO MANAGE YOUR IBS, AND ENJOY FOOD AGAIN?

- ❖ Meet nutritional therapist Kym Lang BSc
- ❖ Get expert tips about diet and digestion
- ❖ Try a healthy snack and get free recipes



Friday 23 February
1.30-2.15pm

FREE!

**INTRODUCTION
TO DIET AND IBS**

**CHRISTCHURCH
HALL SURGERY
Edison Road N8**

**TO BOOK, CALL
07748 246 927
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