

Healthy Habits



Wednesday
July 3, 2019
5:30-6:30pm

Elaine Jacob Center, Suite E
38550 S. Highway One
Gualala, CA 95445

Gut Health and the Vagus Nerve

Special Guest Victor Briere from Pacific Coast Ayurvedya will present on the connection to the Vagus Nerve and gut health. The Vagus Nerve is the basic on and off switch for digestion. This presentation will provide information on the Vagus Nerve from an Ayurvedic perspective and will teach participants how to move from stress/mess to rest/digest via food, herbs and yogic practices.



Special Guest, Victor Briere

- Healthy Habits is a FREE community program of RCMS and the Mendonoma Health Alliance (MHA)
- Meetings are the first Wednesday of every month, April - December
- No reservations needed... just drop in! Enjoy a healthy snack and a chance to win a door prize!
- For more information, call RCMS at 884-9434 or call MHA at 412-3176.



Coming in August
Wednesday, August 7, 2019, 5:30pm
Dr. Clement Binnings: Measles