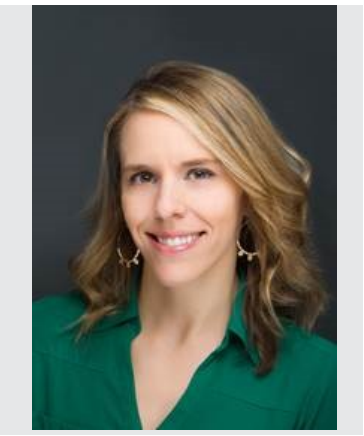
The New Mexico Public Schools Insurance Authority (NMPSIA)

PRESENTS **the March Wellness Webinar**



Ana is an experienced Registered Dietitian Nutritionist who is most passionate about inspiring others to create their own path to wellness by reflecting on and making small shifts in their health habits. She specializes in weight management programming and education, diabetes education, behavior change coaching for weight loss, sleep and stress and helping others learn about nutrition in a fun way that helps them build a healthy relationship to food.
Ana holds a Bachelors and Masters Degree in Nutrition from University of NM & is Certified Group Fitness Instructor with the American Council on Exercise.

Gut Health

The gut is often referred to as the second brain. Having at least as many neurons as the brain, it maintains key functions in the regulation of various neurotransmitters and the immune system. Find out why probiotics (the good bacteria) are so important and what foods to eat to improve and maintain optimal gut health.

Tuesday, March 9, 2021, 3:30PM-4:30PM

REGISTER HERE:
https://zoom.us/meeting/register/tJIldeqopjsrEtPujruonBWEQXn3Nlu1s0zj

Can't make the webinar? No problem.
All registrants will receive a recording of the webinar sent to their email.

New Mexico Public Schools Insurance Authority

NMPSIA *Wellness*