

# IT'S ALIVE! FERMENTED FOODS

## COOKING SHOW



## The benefits of probiotics are a secret no more.

Fermented veggies contain lots of good stuff, including probiotics, which play a part in maintaining gut health. And gut health has positive health implications, including your immune system and mood. If you're looking to slip fermented foods into meals, join us as we explore how to make your own fermented foods.

**Thursday, October 20**

12:00 p.m. - 1:00 p.m.



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)



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