

# DOC

# talks

## “Your Second Brain”

Mar. 20<sup>th</sup>

Explore how diet and digestive health directly impact our moods, and the function of our nervous systems. Did you know that some neurological diseases like Parkinson's likely originate in the gut? Learn about newly rediscovered connections between your brain and gut, and how to maximize your neurological health.

**Wednesday at Noon - Lunch Included  
In the Miller Street Conference Room**

1000 North Miller Street • Wenatchee, WA 98801

For more information about DOC Talks please visit:  
[confluencehealth.org/doctalks](http://confluencehealth.org/doctalks)



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### Have Questions?

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