



## Holistic Health and Nutritional Series

**You Are What You Eat!** The old adage is truer than you may know.

Join us for a six part series led by Certified Holistic Health Coaches Joanne Knight and Chef Teri Hull in collaboration with the team at Lighthouse Physical Therapy to discuss nutrition and holistic health focused on these critical health issues.

**September 25:** Digestive Health

**October 23:** Immune Health

**November 20:** Diabetes

**January 22:** Inflammation

**February 26:** Heart Health

**March 26:** Allergies

All discussions start at 6:30 pm, Lighthouse Physical Therapy  
1 Cate Street in Portsmouth, NH.

Expect expert advice, open discussion and light refreshments.

Discussions are free but we kindly ask that you RSVP to 603.431.0277

