

IS YOUR GUT HEALTH HOLDING YOU BACK?

DISCOVER WHY YOU SHOULDN'T IGNORE LEAKY GUT



**Saturday
Sept. 21, 2024**

11 AM

**Audubon Main Library
350 J.J. Audubon Pkwy**

Are you experiencing chronic digestive issues, fatigue, joint pain, autoimmune issues, or food sensitivities? Join us for an enlightening workshop on leaky gut, a condition that affects many but is often ignored.

What You'll Learn:

- Understanding Leaky Gut: What it is and how it impacts your overall health.
- Triggers: Identifying the triggers and signs of leaky gut.
- Healing Principles: Effective dietary changes and lifestyle adjustments to support gut health.
- Expert Insights: Hear from leading functional medicine certified nurse practitioner
- Healing Testimonials: Hear the client's healing testimonials with natural solutions.
- Q&A session: Curious and want to ask questions in person? Just ask!



With: Maya Shrestha Bhattarai Founder/CEO
Functional Medicine Certified Family Nurse Practitioner, IFMCP-FNP
Cherish Functional Wellness LLC

Maya Shrestha Bhattarai is a dynamic founder and CEO of Cherish Functional Wellness. With over a decade of experience as a Functional Medicine Certified Family Nurse Practitioner (IFMCP-FNP), Maya is dedicated to transforming health through cellular healing through the principle of functional wellness. Her educational journey includes a Master's in Family Nurse Practitioner from Cedarville University (2013) and a Bachelor's in Nursing from Liberty University (2010). Maya combines extensive clinical experience with a deep passion and commitment to addressing the root causes of chronic illness.



Register by calling Audubon at 716-689-4922



CHERISH FUNCTIONAL WELLNESS LLC

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