



THURSDAY, JANUARY 23  
12:00 - 2:30 PM

\$10 at the door for lunch and training

Registration at 12:00 PM

The program starts promptly at 12:30 PM

Location: Aurora Santa Rosa Hospital  
1287 Fulton Road  
Santa Rosa, CA 95401

If you are interested in attending this workshop, contact Jane Rogan at (707) 548-3573 or [jane.rogan@aurorabehavioral.com](mailto:jane.rogan@aurorabehavioral.com) for a seat reservation.

## PART 2 NUTRITIONAL PSYCHIATRY: THE GUT-BRAIN AXIS

- Have you had a "gut-wrenching" experience?
- Have you ever felt "butterflies" in your stomach?
- Did you "trust your gut instinct"?

We use these expressions for a reason. The gastrointestinal tract is sensitive to emotion. Anger, anxiety, sadness, elation — all of these feelings (and others) can trigger symptoms in the gut, and we are just now beginning to understand why.

### ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.



### PRESENTED BY:

Gina Berry, MS, RD, CLT  
Registered Dietitian,  
Aurora Santa Rosa Hospital