

# Take the **STRESS** out of **IBS**



**Do you experience symptoms of Irritable Bowel Syndrome?  
Are you looking for tips to help regulate your digestion?**

Join Kathy Somers from the Stress Management & High Performance Clinic  
and Lindzie O'Reilly, Registered Dietitian,

for a **4 session program** that includes:

- Relaxation techniques & two types of biofeedback for smooth muscle in the gastrointestinal tract
- Mindful eating
- Common food irritants to avoid
- Support and symptom relief

For more details call 519 824-4120, ext. 52662 or visit [www.SelfRegulationSkills.ca](http://www.SelfRegulationSkills.ca)

**October 19, 26, November 2, 9 (Fridays), 12:30-1:30 pm,**

**University Centre Room 334, University of Guelph**

FEE : \$ 20 for U of G students

\$ 40 for members of USW Local 4120

\$ 80 for all others

**To register, email [ksomers@uoguelph.ca](mailto:ksomers@uoguelph.ca)**

**or call 519 824-4120, ext. 52662**