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

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 or call 519 824-4120, ext. 52662

For more details call 519 824-4120, ext. 52662 or visit www.SelfRegulationSkills.ca