

# 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, on campus Registered Dietitian,

for a 5-session program that includes:

- Relaxation techniques & 2 types of biofeedback for smooth muscle in the GI tract
- Mindful eating and common food irritants to avoid
- Beneficial eating and exercise patterns
- Support and symptom relief

Wednesday February 26, March 4, 11, 18 & 25

5:30 - 6:30 pm, UC 334

\$20 for U of G students, \$50 for USW 4120, \$100 for others

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



STUDENT  
WELLNESS

Live well. Achieve well.

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