Enteric Nervous System: Gut-Brain Axis for Mental Health & Well Being

Understand the Gut-Brain Axis.
Research demonstrates how your Enteric Nervous System, known as the “Gut-Brain Axis,” is essential for overall health. Gut health, diet, and digestion are closely interrelated with mental and physical wellbeing.

Learn about the role that nutritional wellness plays in physical, mental and behavioral health. At the Institute for Health Professionals, we’ll teach you the latest research and practice of holistic nutrition, and how your patients can benefit from the related somatic and cognitive input.

Course Details
- February 10, 2017
- Instructors: Holly A. Shumway, NCC, LPC, & Melissa Lovett, MA, Certified Holistic Nutritionist
- $119, 6 CEUs
- CRN: 18409

Learn more & register at: climb.pcc.edu/enteric-nervous-system-patient-health-mental-wellbeing

Questions? Contact Amy Evans at amy.evans3@pcc.edu or 971-722-6672.