



YWCA JUMP is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. *(Must provide documentation of record of landing.)*

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5
416.964.3883 | ywcatoronto.org/jump |

YOU ARE WHAT YOU EAT

Learn how food can improve your mood and cognitive health



Photo: Edisoninst.com

Tuesday & Wednesday, November 29, & 30, 2022 10:30-noon

Facilitated *LIVE on ZOOM* [Click here for both days](#)

During this program, you will learn a variety of practical tools to help you discover the importance of gastrointestinal health and nutrition for supporting cognition and mood.

YWCA Toronto is collaborating with Laura Gutierrez, CNP Holistic Nutritionist, to offer you this interactive two-part webinar series.

To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*

Session 1: Improving Mood with Food

- Impact of food and nutrition to reduce stress.
- Foods to include, reduce or eliminate to eat healthy while saving money.
- Supplements and herbs for stress and anxiety support.

Session 2: Health Starts at the Gut

- An Introduction to the Microbiome in our bodies
- The gut-brain connection: factors affecting gut health, the six pillars that support your mood, and which supplements to include for strong gut health.

**Attendance to all sessions is required to earn a Certificate of Participation.*

**Have a LINC level 5 or higher. Register early, space is Limited.*

For more information, please contact us:

jumpetobicoke@ywcatoronto.org 416.964.3883

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