



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 |     

NOURISHING YOUR BODY & MIND SERIES

Simple solutions to improving your health



WWW.THEHEALTHSPROUT.COM

October 18, 25, & November 1, 2023 | 6-7:30p.m.

*Live on Zoom. [Click here to register.](#) **NEW – EVENING SESSION***

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.*

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 three-part webinar series.

Join us to learn how to nourish your body and mind with simple solutions to improving your health in this useful three-part series.

*See Page 2 for dates and details

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time. Your Permanent Resident card or immigration documentation will be required to register.*

For more information, please contact us:
jumpetobicoke@ywcatoronto.org 416.964.3883



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NOURISHING YOUR BODY & MIND SERIES DETAILS

Simple solutions to improving your health

Session one: – Health starts at the gut – October 18, 2023 – 6-7:30p.m.

In this session, you will learn:

- An introduction to the microbiome
- The gut brain connection - how the gut affects your mood
- Factors affecting gut health
- Six pillars to boost brain health and mood by supporting gut health
- Key supplements for gut health

Session two: – Improving mood with food – October 25, 2023 – 6-7:30p.m.

In this session, you will learn:

- How food impacts our mood
- Nutrition to reduce stress and improve mood - four pillars
- Foods to focus on
- Foods to reduce
- Supplements and herbs to calm your anxiety
- Eating healthy while saving money

Session three: – Practicing Gratitude – November 1, 2023 – 6-7:30p.m.

In this session, you will learn:

- What is gratitude?
 - What are the benefits of a gratitude practice?
 - Gratitude in the face of adversity
 - Incorporating gratitude in our lives
- Exercise during the session - Loving kindness meditation**

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