

# Brain and Gut Health in Gluten-Related Disorders

An Evening Q&A Session

Join us for a special Celiac Center evening Q&A event featuring Sarah Ballou, PhD, Director of GI Psychology, who will explore the power of the brain to help your gut. Dr. Ballou will share mindful exercises and information about different therapies to reduce gastrointestinal symptoms. Bring your questions!

## Monday, Jan. 13, 2020

**6:15–7:45 pm**

**Shapiro 247, East Campus**

(Shapiro 2nd floor)

Gluten-free refreshments will be served.

Registration is free but space is limited for this event.

**RSVP by Thursday, Jan. 9.**

**Phone: 617-667-8186**

**Email [mdennis@bidmc.harvard.edu](mailto:mdennis@bidmc.harvard.edu)**

Please provide your full name, phone number,  
and number of people in your party.

Regular parking fees apply.