

## Did you learn the importance of a healthy gut?



Please answer the following questions and return to <insert location>.

1. Was the program delivered in a manner that made it fun and engaging?
2. Did the program provide you with more information on the topic of 'Gut Health'?
3. Are you more aware of the environmental and lifestyle choices that impact gut health?
4. Did you try a lifestyle change that you found particularly rewarding and easy to incorporate into your life?
5. Do you feel encouraged to adopt one or more of these lifestyle changes going forward?
6. Are you more likely to include one or more of the super foods in your diet going forward?
7. Do you now feel empowered with health education to make informed decisions about your health and well-being?

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